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# Senior Scope

Vol. 13 No. 6 Dec 10/14 - Jan 14/15

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The Paper for and about  
**Boomers & Seniors**  
 in Winnipeg and rural Manitoba

Below: Volunteers spreading holiday cheer at the Grace Hospital Foundation Winter Celebration.



Above: Winnipeg's 100 Per Cent Cheese Free, Syd Davy, NFL's No. 1 Fan.




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Below: Students from the Beaumont Elementary School create handmade Christmas Cards for local seniors in the Be a Santa to a Senior program.

Below: Taylor decorates her cookie at the Winter Celebration at the Grace Hospital.




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# Local hospital lights Tree of Life to remember loved ones

*Grace Hospital Foundation invited community to free Winter Celebration event*

The Grace Hospital Foundation hosted its second annual Winter Celebration on December 4, 2014 in the Grace Hospital Lobby. This free community event coincided with the Foundation's annual Tree of Life fundraising campaign.

"The Winter Celebration is one of our most exciting milestone events during the holiday season, and we've recently decided to reimagine our evening with some new activities suitable for the entire family," said Jon Einarson, Executive Director of Grace Hospital Foundation. "Most significantly, we dedicate a few moments to celebrate the lighting of our Tree of Life. Visitors will watch the trees shine brightly outside our hospital, and each individual light represents the honour or memory of a loved one."

The Winter Celebration featured a visit from Santa, sleigh rides, live entertainment, cookie decorating and more. The evening culminated with a firework display visible throughout the entire community at 7:30 p.m.

*Continued on page 5*



The Tree of Life was lit up in front of the Grace Hospital on December 4, 2014 to remember loved ones and to coincide with the Tree of Life fundraising campaign.



Santa did not disappoint arriving in a Sleigh (wagon) pulled by horses.



The event included performances by the Heritage Park Temple Band and École Charleswood School.



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# Give a loved one or yourself the gift of music

Whether it's music or singing lessons, an instrument or music-related accessories that you'd like to give this holiday season, Keyboard Ventures Music School is the place to go.

You can treat yourself, as well, or sign up with a child or grandchild to take the music journey together. Brush the dust off that old desire of days gone past to play an instrument, and give it a try. You just might surprise yourself.

It's never too late to learn something new, or re-establish a passion that you may have had to put on hold to raise a family or pursue a career. If you are getting ready for retirement or are retired, here is one option to fill a void.

Terry Zurylo, Keyboard Venture's founder and music director, has noticed a trend of more adults and seniors taking on the challenge to learn an instrument for a variety of reasons. Some do it simply for personal pleasure, and

**“ Terry Zurylo, Keyboard Venture's founder and music director, has noticed a trend of more adults and seniors taking on the challenge to learn an instrument for a variety of reasons. Some do it simply for personal pleasure, and others as a form of therapy, especially those recovering from a stroke. ”**

others as a form of therapy, especially those recovering from a stroke.

Keyboard Ventures Music School was first established in 1992 in response to the growing awareness to make playing music fun with modern techniques and styles.



Keyboard Ventures Music Centre at 324 Main Street in Stonewall, MB.

Zurylo was a full-time professional musician in the early 1980s. He played a variety of styles including rock, country, jazz and contemporary music. He specializes in piano/keyboard training and his staff covers the rest.

Other programs include Voice/Vocals, Guitar – and other stringed instruments – and Drums including congas, bongos, etc. Theory classes are also offered.

Lessons are available in-studio or in-home in Winnipeg or in Stonewall, Manitoba. Students are taught one-on-one with a teacher although groups of up to five can be accommodated for some programs.

A trending new program offered only at Keyboard Ventures is called 'Popstarz' for ages 6 and up. This offers lessons in hip hop dancing and vocals. You will be the star with your own backup dancers, you'll learn mic control and other valuable techniques.

Other dance styles are offered as well, for any age - young or old. Learn to dance like the stars.

There is even a program for budding rock stars, but you must have previous training in a chosen instrument. You'll learn how to write your own songs and music.



Terry Zurylo, owner of Keyboard Ventures with 71-year-old John Loomes of Selkirk, MB., who has been taking keyboard lessons since August, 2013.

The art of teaching music has evolved with the advancements made in keyboards, digital pianos, and the implementation of computers and software.

To keep students interested, programs at Keyboard Ventures are structured to introduce you to the basic fundamentals of music while teaching you your favourite songs at a level suited for you via

custom computer generated sheet music. You get to learn what you want to learn. So bring in a CD with your favourite song and learn it by the time you finish your half hour lesson.

“We want to expand an understanding of music that touches upon more than notes on a page, but reach the point where music is meant to be exciting and beautiful to play and listen to,” says Zurylo.

All teachers at Keyboard Ventures are highly accredited and experienced in their specially trained areas of teaching.

Sundae Zurylo, Terry's wife, teaches vocals and Scott Wazney of East Selkirk, teaches a number of instruments including accordion, violin, guitar, tenor banjo, organ, piano and music theory.

Wazney has been with Keyboard Ventures since 2009 and enjoyed a lengthy teaching career spanning over 25 years. He was educated at the University of Winnipeg and the Royal Conservatory of Music. He has been a part of the Western Canadian Music scene having played with numerous bands and as a recording artist – since 1979, with most notably The Blue Steel Band and the Prairie Winds Orchestra, as well as guest spots with Mickey & Bunny, and Yours Truly Orchestra.

Keyboard Ventures holds an Annual Awards Recital in June to recognize and reward students for their achievements.

Brighten up your holidays with music. Imagine your friends and family's faces as you roll out a tune on your electronic keyboard or piano. Or strum a melody on your guitar or stringed instrument. ■

For more information:  
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YEAR ROUND STORAGE

# HOW DO I PROTECT MYSELF AS A SENIOR WITH THE LOOMING CARE CRUNCH: Long-term Care for Seniors

- Shirley Hill, CFP - Executive Financial Consultant, Investors Group

In the Sept. 14th issue of Senior Scope, I outlined the six pillars of financial planning that all Licenced Certified Financial Planner professionals practice under. I will continue organizing information under these principles. Risk Management is the 6th pillar. It is one of the largest and the least understood categories and receives the least attention. What attention it does attract often is emotionally charged yet if reviewed and purchased properly, can give us the greatest protection in our life with a reasonable cost. If we can emotionally accept that insurance products are a tool in financial planning just like a rake is in gardening, then we can free ourselves to really look at how we can use different insurance products to meet our needs and desires. Just as I used the analogy of a rake in gardening, we chose to pay for this gardening tool as it will aid us in creating beautiful spaces which we can showcase to our neighbours and where we can spend our recreation time. The same principle needs to be applied to insurance products.

In Canada today, roughly 16% of the population is made up of seniors. In 2030, that percentage will climb to nearly 23%, and by 2050 it will have peaked at one quarter of the population.<sup>1</sup> This demographic shift is unprecedented. As the burgeoning ranks of the Baby Boom generation move quickly into retirement and beyond, the question for each of us is **will the demands on publicly funded health care look after us in the manner that we would like** or do we as individuals take control of how we want our life to look like. Using insurance products as a tool can also give us the ability to first and foremost **ensure** that we are looked after in the manner that we would like. This turns the control to us instead of policy makers.

The insurance industry can provide the financial tools to help deal with the costs of planning for our long-term care in exchange for an insurance premium. In most cases, you should apply as you enter retirement (ideally, long before) and certainly no later than age 80, a point at which no insurer in Canada will consider your LTCI (long-term care insurance) application.

Before we go any further, let's consider the facts at hand. As life spans continue to lengthen, more and more elderly Canadians will need long-term care support. In decades past, this care was often provided by family members. As times have changed, families are getting smaller and are spread out throughout the country and may not be able to provide the care that was provided by previous generations. Now this may come in the form of home care, retirement housing, assisted living, and even full blown long-term care in a facility or personal care home. Some seniors will require this support earlier than others. Some will be widows, others still married. Contrary to popular belief, the incidence for seniors requiring long-term care increases significantly for those who are married – so while we may live longer as a married couple, we also tend to become ill and require care about twice as often.<sup>2</sup> Strange, but true.

Provincial governments, the providers of health care in Canada, are already struggling to meet the growing needs of seniors and long-term care. Over the course of the next few decades, the baby boomers will have entered retirement, enjoyed their years without worry of work, and most likely have spent a period of time in a facility or at home with care, before finally passing on the baton to the next generation. This cycle cannot be undone – but it can be managed,

and the experiences of seniors can be improved with some simple – and often affordable – financial decisions and actions.

Indeed, the first decade or so post-retirement, roughly between the ages of 65 and 75, are relatively free of long-term care needs; however, these needs begin to rise sharply once passed the age of 80. By the year 2030, the first wave of baby boomers will be entering their 80s and as such, this is when the public health system will either buckle under the weight of these enormous needs (which will then persist for at least another 25 years, given the duration of the original post-war Baby Boom) or will survive in part because a significant enough portion of seniors will have invested in their own long-term care financial security plan. **Which group would you like to be in?** By the year 2030, 3% of the Canadian population will be over the age of 85, and by 2050 this will have doubled to 6%! Based on current population growth of about 1% per year, the Canadian population will exceed 50 million by 2050 and of those; 3 million will be over the age of 85. That is a staggering figure to consider.<sup>3</sup>

Over the next 40 years, the cost of long-term care services in Canada will balloon from around \$69 billion in 2014 to around \$188 billion in 2050.<sup>4</sup> Public LTC costs will be less than half of this total sum; therefore, the private sector – your money – will be required to fund the majority of costs. Will this come from savings? Imagine having to double the withdrawals from your retirement savings. Imagine having to maintain one home for one spouse, and pay for long-term care for another. Imagine struggling to make ends meet in your twilight years.

**So what is LTCI and what is it for?** Long-term Care Insurance is

a product that can insure either an individual or a couple (shared plan) for a set amount of coverage – or “face amount” – that pays out a monthly (or weekly) tax-free benefit to help defray the financial costs of requiring long-term care, either in the home or in a facility. Most plans provide a set benefit for in-home care, and double it for facility-based care. There are no strings attached to how the money is spent and you do not need to report, to anyone, where the money is going. For example, the proceeds can be used to pay the rent at an assisted living residence, used to make the payments on a re-mortgaged home, or used to help compensate a loved-one who's moved in to help.

**How does LTCI work?** LTCI is not complicated. It is based almost entirely on your loss of ability in performing at least two (2) of the six activities of daily living, or cognitive impairment. This means that if you're no longer able to do two of the following, you would receive the insurance benefit: *bathing, eating, and dressing, toileting, transferring, and maintaining continence.* Naturally, as with most insurance products, if you've had these issues prior to applying for the insurance you may have difficulty obtaining coverage.

**How much will I be covered for?** Coverage for LTCI can vary from as little as \$25,000 (\$50,000 shared coverage) to as high as \$1 million (\$2M shared coverage) with Manulife's “Living Care” product, an insurance plan that pays out a percentage of the total on a monthly basis – until the balance is depleted. Meanwhile, Sun Life's “Sun Long Term Care” product pays out a weekly benefit ranging from \$500 all the way to \$2,300.

Continued on next page

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## Grace Hospital Foundation Tree of Life Campaign,

cont'd from page 2

This year, the Tree of Life campaign's goal is to raise \$100,000, which will equip the hospital with state-of-the-art wireless technology. Patients and visitors will have unlimited Wi-Fi access on their personal devices, and staff will have secure bedside access to patient records and test results. Grace Hospital will be the first community hospital in Winnipeg to implement this new wireless internet capacity throughout the entire facility. ■



The kids enjoyed cookie decorating.



Santa arrives.



Mrs. Claus mingled with the crowd.

For more information on this free community event or to make a donation, visit [www.gracehospitalfoundation.ca](http://www.gracehospitalfoundation.ca) or call 204-837-0375.

## HOW DO I PROTECT MYSELF..., cont'd from page 4

**How much will it cost?** Manulife and Sun Life offer the top tier of LTCI options and benefits for a reasonable cost. It is not an inexpensive insurance plan, but then it covers for a very expensive potential outcome with a very high likelihood of claim. Assuming the cash flow is available; most retirees can find the room in their budget to make the monthly premium payments. Depending on age and the amount of insurance desired, premiums vary from a few hundred a month, to significantly more. As with all things in life, you get what you pay for. For example, a married couple both age 65 will pay about \$500 a month to share \$300,000 in coverage for their entire life. Premiums are normally guaranteed for the first five years, after which they can be modified, though there are limits to this and these clauses are well explained in the final policy documents.

In the Province of Manitoba, the cost of long-term care today (never mind in 30 years) is already very high. Obviously, where you choose to retire will impact directly these same costs. For instance, if you are planning on retiring in BC's Okanagan Valley, you may want to explore the current and projected costs for long-term care in BC. Likewise, if you're considering moving back to Manitoba, this is what you can expect: you will pay based on your means as soon as

you enter the public system. Needless to say, that is how the private sector will view things as well! Depending on after-tax income and marital status, costs can range from \$31.30/day all the way to \$73.40/day in Manitoba, today. What they will be in 10, 20 or 30 years is anyone's guess but it will likely be more than merely adjusted for inflation. A married couple today need only earn over \$60,355 (net income, less payable taxes) to be considered for the maximum daily rate, which once viewed as an annual cost amounts to \$26,791 a year.<sup>5</sup> Most private assisted living or supportive housing options exceed \$2,500 a month or \$30,000 a year. Ironically, the costs of receiving care at home is as high if not higher – take the example of a senior receiving in-home meal preparation, personal care (dressing, bathing), some skilled nursing services, and laundry/house cleaning – their costs could exceed \$5,000 a month very easily at wages of health aides starting at \$18/hour and climbing to over \$50/hour for a skilled nurse.<sup>6</sup> Even a wealthy senior might balk at a new expense of \$60,000 a year, especially if the costs hit during a market downturn when their investment portfolio is already under threat. Some would sell their home – but what if the real estate market is weak? It has been before.

Clearly, the need for long-term care and the costs associated with the various levels of health care required will continue to skyrocket in the coming years and decades. A “new normal” may exist in 30 to 40 years in Canada, when the health care system (both public and private) has adapted and normalized. In the meantime, would it not be wise to consider your options for protecting your financial health from a need for long-term care?

Contact our office to learn more about your long-term care options as well as to obtain complimentary copies of the articles from the C.D. Howe Institute entitled “Paying for the Boomers: Long-term Care and Intergenerational Equity”, as well as “Long-term Care in Manitoba 2010”, courtesy of Takingcare Inc. and Manulife Financial in which information was obtained. ■




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<sup>1</sup> C.D. Howe Institute Commentary NO. 415, *Paying for the Boomers: Long Term Care and Intergenerational Equity* pg. 4  
<sup>2</sup> Manulife Financial Living Care Marketing piece ...in sickness and in health MK2186E 10/13  
<sup>3</sup> C.D. Howe Institute Commentary NO. 415, *Paying for the Boomers: Long Term Care and Intergenerational Equity* pg. 3  
<sup>4</sup> C.D. Howe Institute Commentary NO. 415, *Paying for the Boomers: Long Term Care and Intergenerational Equity* pg. 7  
<sup>5</sup> Taking Care Inc. and Manulife Financial, *Long-term Care in Manitoba 2010* pg. 1  
<sup>6</sup> Taking Care Inc. and Manulife Financial, *Long-term Care in Manitoba 2010* pg. 3

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# Credit Unions and Prevent Elder Abuse Manitoba close Financial Literacy Month 2014 by launching new program to help confront financial abuse of seniors

Seniors can take comfort in knowing that Credit Unions across Canada will be watching their backs when it comes to financial abuse.

Financial abuse is one of the most common forms of elder abuse in Canada, and often unreported, as highlighted by the recent findings from the first phase of consultation on the national strategy for financial literacy, released by the Financial Consumer Agency of Canada (FCAC).

Recognizing this reality, the credit union system launched a new program to better equip staff at credit unions across Canada to recognize and prevent financial abuse of seniors. The program was written and developed by Tamlo International Inc. and will be distributed exclusively by CUSOURCE Credit Union Knowledge Network, a wholly owned subsidiary of credit Union Central of Canada that provides learning and development solutions to the Canadian credit union system.

Fittingly released in conjunction with the closing of Canada's fourth Financial Literacy Month and designed for credit unions with the support of FCAC and help of experts from Prevent Elder Abuse Manitoba, *Financial Abuse of Older Adults: Recognize, Review and Respond* provides solutions, tools and resources to allow staff to be better able to:

- Recognize situations in which older credit union members are being financially abused;
- Identify the type and method of financial abuse in each situation;
- Report the financial abuse to a supervisor or manager;
- Select an appropriate response to the financial abuse;
- Inform the member of the options available to leave the financial abuse;
- Provide the member with appropriate community resources;
- Demonstrate knowledge of the credit union's legal and ethical limits in reporting and respond-



Left to right: Ted Richert, Vice President, Credit Union Central of Manitoba; the Honourable Deanne Crothers, Manitoba Minister of Healthy Living and Seniors; MP Lawrence Toet; the Honourable Alice Wong, federal Minister of State for Seniors; Martha Durdin, President and CEO of Credit Union Central of Canada; Dara Maternick, Coordinator of PEAM (Prevent Elder Abuse Manitoba); Susan Sader, Good Neighbours Active Living Centre; and Jane Rooney, Financial Literacy Leader.



A training video was developed by sisters Marilyn and Kairiin Bright of Tamlo International Inc.

ing to financial abuse; and  
• Monitor the outcome of the member's situation.

Ted Richert, Vice President, Credit Union Central of Manitoba: "This collaboration with Financial

Consumer Agency of Canada and Prevent Elder Abuse Manitoba will benefit the credit union system and its over 5 million members in countless ways; the more we know about financial abuse, the better

we can be at putting a stop to it."

The launch was held at the Good Neighbours Active Living Centre and featured remarks by the Honourable Alice Wong, federal Minister of State for Seniors; the Honourable Deanne Crothers, Manitoba Minister of Healthy Living and Seniors; Jane Rooney, Financial Literacy Leader; Ted Richert, Vice President, Credit Union Central of Manitoba; and Martha Durdin, President and CEO of Credit Union Central of Canada.

Upon completion of the course, credit union employees in Manitoba will have the opportunity to share their knowledge with members in the communities in which they operate.

Initial funding for *Financial Abuse of Older Adults: Recognize, Review and Respond* was provided to Prevent Elder Abuse Manitoba through the Government of Canada's New Horizons for Seniors Program (NHSP).

Attendees of the launch were treated to a sneak peak of the training video, developed by sisters Marilyn and Kairiin Bright of Tamlo International Inc.

Joanne Levy, producer of local film company Buffalo Gal Pictures, arranged the shooting with a group of local seniors to play the roles of victims giving the film authenticity. Filming took place in August, 2014, at a Steinbach Credit Union with 60 staff 'extras' along with the more seasoned local actors.

The enthusiasm and willingness to participate by all who was involved was tremendous.

Prevent Elder Abuse Manitoba (PEAM) is a central point of contact for information about elder abuse in our province. We partner with organizations, communities & individuals to raise awareness and develop tools and resources to support provincial and local initiatives. The Province of Manitoba provides funding to PEAM through the provincial Elder Abuse Strategy. For more information or to join the team, visit [www.peam.ca](http://www.peam.ca).

When you're planning your traditional Christmas, why not include a ham and garlic sausage from Winnipeg Old Country Sausage. We've been a part of Manitoba's traditional Christmases for over 100 years.

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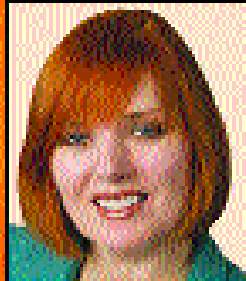
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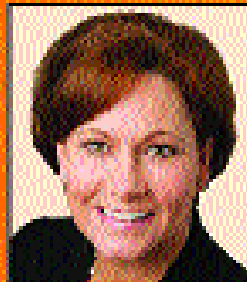
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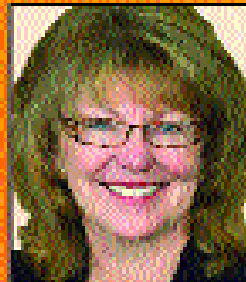
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# PILGRIMAGE -

## The new multi-disc project from Steve Bell, celebrating 25 years!

- Courtesy of Signpost Music



Steve Bell releases 4-disc collection of work including new and old tracks.

After 25 years, 17 albums, and multiple major music awards, Winnipeg singer/songwriter Steve Bell just released his most ambitious project to date. Part new and part commemorative, a four-disc project known collectively as *Pilgrimage* was released this fall, during a 31-stop tour across Canada.

Steve Bell performed in Winnipeg, Nov. 23rd at the Grant Memorial Baptist Church at 877 Wilkes Ave. for his **Pilgrimage Tour**.

*Pilgrimage* was originally planned as a single disc of new material. But Bell decided that the timing of it, some 25 years after the release of his debut solo album, *Comfort My People*, was cause to celebrate the career he feels fortunate to still maintain after a quarter century.

"Twenty-five years is fun for me. I'm just surprised I'm still here," he says with a laugh.

Reflective, insightful, and unmistakably Steve Bell, the eponymous first disc of all-new music features tracks that may be among his best work produced to date – though Bell himself is reluctant to concur.

"One hopes to be getting better... I've had several folks tell me that certain songs on my new project are my 'best yet.' Who knows?" he says.

Accompanying the new album are three bonus discs. The first, entitled *Unadorned*, features a set of fan-chosen favourites, re-recorded to feature only Bell and his guitar, unaccompanied by the oth-

erwise wide swath of musicians featured throughout the rest of the project.

The second, *Good Company*, a tribute disc featuring cover songs done by some of Bell's friends and colleagues in the music industry, is one that Bell says he's particularly excited for fans to hear, and just might be the "sleeping hit" of the whole project. Bell says that hearing his friends' interpretations has led him to love his own work in ways he's never loved it before.

"A tribute album is great because it allows people to see that one version of a song is not definitive. I think that's a really important thing."

Last comes *Landscapes*, a collection of instrumental and atmospheric remixes often featured before concerts and requested by fans.

Above all, Bell says he's ever-grateful for the community that continues to support him after all these years: "I owe it to my fans to do good work. Artists have to see themselves as public servants. And I think when they do, community will reward them."

"It's not a 'me' thing but a 'we' thing."

*Pilgrimage* is available from **SteveBell.com**, select stores, and on iTunes.

Also new this fall: *BURNING EMBER* -The Steve Bell Journey, a feature documentary by Refuge 31 Films. Check out the teaser: <http://stevebell.com/burning-ember-documentary/> ■

# Vaping vs Smoking: An opportunity to convert savings to Silver or Gold.

By Marlene Sturrey

WOW! I am so excited to have the opportunity to introduce the readers of Senior Scope to the new alternative smoking device called the ELECTRONIC CIGARETTE. According to the feedback, people already using this alternative form of smoking, referred to as 'vaping', have found the vapor is much easier to inhale and less intrusive on their lungs. The monetary savings have been remarkable. The vapors are not offensive to people around them. They have found an improvement in their household air and odors affecting clothing and furniture. Collectibles Canada have become involved with the promotion of this alternative smoking style for people to understand the unbelievable amount of money they will not be spending on cigarettes any more. To achieve the optimum of their savings from this lifestyle change Collectibles Canada suggests purchasing gold or silver. You will actually see the amount you have saved over the course of months or years. If you invest only half of the monies you are saving from cigarette purchases into silver or gold you will be amazed at the amount of your savings. Gold and silver become a great savings vehicle which allows you to see your actual savings rather than just filtering the money to various things which you buy and forget about. Gold and silver allow you to watch your savings grow...you will be surprised how quickly your silver accumulates and even better you will not feel the stress of saving as you have already been spending those dollars on your cigarette purchases. You can come into **Collectibles Canada** Mon-Sat, 10-6, for further information on Electronic Cigarettes and the buying and selling of gold and silver.

The buzz about electronic cigarettes has hit turbo speed. People want a healthier lifestyle yet there is the difficulty of quitting the habit. I cannot profess to say this



will have you quit smoking or the banter regarding health benefits, but I can explain how the alternative smoking device works. The components are called the battery and the tank or clearomizer. Each time you inhale you press a button which releases the chosen vapor. The alternative smoking device comes in a variety of styles and colors. The battery unit can vary in their charge ability or duration depending on size and of course how heavily you vape. The battery can be charged via USB attachment or with the rechargeable lithium battery. These become personal preferences or will be recommended depending on your lifestyle choice. Starter kits often come with two batteries units and a few tanks, however some people prefer to customize their battery choice to a specific tank/clearomizer. The clearomizer is the part which holds the selected liquid which you choose. The liquids can vary in taste and also strength of nicotine. There are a huge assortment of flavors ranging from tobacco flavour to fruit flavours or dessert flavours. You can also choose from a non-nicotine liquid to a variety of nicotine strengths of 6, 8 mg, 12 mg, 18 mg, or 24 mgs of nicotine.

Strength of nicotine will be dependant on the amount you are accustomed to smoking. The type of battery you choose to vape with will be dependent on the amount you vape and where you enjoy vaping. I hope I have given you enough information to get you excited to entertain the idea of making changes to an alternative smoking style and at the same time, encourage you to place the money you are saving from your cigarette purchases into a viable investment.

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# Winnipeg Pharmaceutical Company develops Topical Pain Killer

Anyone living with chronic pain knows how challenging it is. Coping naturally with proper diet, breathing exercises, better sleeping habits and regular exercise can help; in many cases though something more direct is required. The challenge with that of course is the reality that pain medications come with side effects and often dependency.

Humn Pharmaceuticals is a growing Winnipeg based company built to address this challenge. Local entrepreneur Blair McInnes has been working diligently to bring pain relief to people without the unwanted side effects for a number of years. "At this point," he says, "people are talking about us as an overnight success – which is great to hear, except that I have been at this for over five years."

Following some health issues and a desire not to resort to morphine, Blair founded Humn Pharmaceuticals to create safer pain treatments. He was aware that the popular pharmaceutical products available on the market had common and serious adverse side effects. He knew that effective and safer alternatives must be available and believed that an ethical Pharmaceutical company dedicated to these alternatives could thrive. He envisioned a company utilizing the best available natural products in combination with effective pharmaceutical products and began by tapping into his business network to research such formulations. The goal was effective and fast-acting products without adverse side effects or dependency.

Humn Pharmaceuticals is a specialty pharmaceutical company in the business of formulating, manufacturing and marketing effective, fast acting and safe health products addressing large market areas such as pain management. With its head office in Winnipeg, Humn Pharmaceuticals has offices in Calgary and Ottawa, has initiated sales into Canada and the U.S., established a subsidiary in the U.K. and begun to establish relationships in the EU and Asia.

The focus is on topical pain management with one product officially launched in May 2014, two



Blair McInnes, founder of Humn Pharmaceuticals

new products planned for 2015 and several in the research pipeline. The focus on topical pain arose as a less invasive alternative to the more common pharmaceutical approaches to pain management. Topical therapies are those intended to act locally, in contrast to transdermal (patches) and oral (pills) therapies intended to act systemically. The challenge with systemic medications is regular side effects including gastrointestinal complications, liver disease, kidney disease and potential dependency. Canadian consumers are increasingly wary of these potential risks, side effects and the limited efficacy associated with systemic analgesics such as aceta-

minophen. They are looking for a less invasive and more direct approach that can be provided by topical analgesics. Topical use of analgesics and anti-inflammatories is an effective and increasingly popular route of drug administration that avoids gastrointestinal irritation and the metabolic degradation associated with systemic administration. As a result, topical analgesics are becoming more common and present a valuable therapeutic option for pain management.

As a further step, Humn Pharmaceuticals is positioning its HUMN Brand Family of products directly between 'drug' based topical approaches and natural products. The company is dedicated to

creating a suite of products that are formulated using top components from the pharmaceutical industry blended with natural products selected to produce safe and effective pain relief. There are no such combinations in the Canadian marketplace. The formulation of their launch product, Pain Relief Cream - TPR20™, includes lidocaine as the active pain reliever, a pharmaceutical, and menthol, as its main natural anti-inflammatory / pain reliever. The remaining 18 ingredients are natural pain relievers, anti-inflammatories and anti-oxidants.

Lidocaine is particularly effective for neuropathic pain: pain that may be experienced as itching, numbness, burning or coldness, or 'pins and needles'. It arises from damage or diseases that affect the nervous system; prevalent examples include shingles and peripheral neuropathy. The American Geriatric Society strongly supports the use of topical lidocaine for treating localized neuropathic pain; it is also recommended for localized non-neuropathic pain. The Canadian Pain Society also recommends topical lidocaine as a therapy for Neuropathic Pain particularly postherpetic neuralgia (shingles). And the Neuropathic Pain Special Interest Group of the International Association for the Study of Pain in their evidence-based guidelines for the pharmacological treatment of neuropathic pain identified topical lidocaine as a first-line treatment. As inclusion in these guidelines would suggest, there is a substantial evidence base for the efficacy of topical lidocaine in the treatment of neuropathic pain; particularly for pain associated with postherpetic neuralgia. A number of studies have also demonstrated the value of the lidocaine in addressing arthritic pain.

Based on this evidence, Humn Pharmaceuticals has created Pain Relief Cream - TPR20™. The formulation is evidence-based and unique in the North American market place. It is a topical analgesic cream that combines the

Continued on page 10

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# The most wonderful time of the year .. to gain weight if you're not careful

By Roger Currie

We are blessed to live in a part of the world where food is affordable and available to most people. Even those with limited incomes should never be hungry over Christmas, thanks to the efforts of agencies like Winnipeg Harvest and the Christmas Cheer Board. Perhaps a more serious problem that many of us face, especially after the age of 50, is saying **NO THANKS** to the veritable mountains of food that are offered everywhere you go over the holidays.

Our parents who lived through the hard times of the 1930's were fond of reflecting on that time by saying "we always had enough to eat". Nowadays there's more than enough, and it shows on the waistlines of many of us. This is not a lecture on the dangers of obesity, but rather some friendly tips on how to get through the season without needing larger pants and a new belt.

Daniel Catte is a registered dietician who counsels patients at Northern Connections Medical Centre in Winnipeg. He also teaches in the faculty of Human Nutritional Sciences at the University of Manitoba. He definitely practices what he preaches when it comes to diet and exercise, and he looks considerably younger than his 51 years. His most important advice to everyone at this time of year is simple and direct, "Take it slow. At a reception or party, learn the art of *grazing*. Enjoy a variety of things when food is being passed around, but have smaller amounts. What I tend to see is people who have trouble pacing themselves. They should try to avoid sitting close to their favourite snack and *hoovering*" he says. As Dan spoke, I found myself pleading 'guilty' to many



Daniel Catte, registered dietician.

such practices. Sometimes it's enough to make a person wish they could be 'handcuffed' on such occasions.

Alcohol usually accompanies these holiday feasts, and Catte says it can definitely compound the problem "It can act as an appetite stimulant, especially in



smaller amounts. And of course in itself, there's a lot of energy and calories that come out of most alcoholic beverages. Also, beware

of salty foods. Bars have known for a long time that salt will stimulate greater consumption of liquids".

Some people are confident that the sins of December can be erased at the gym in January, but Catte says that's not a wise approach. "It's a pattern I've seen over many years, and it continues to repeat itself. The timing can be really bad. We see a similar pattern at the end of winter, and at the end of summer. Bad habits creep in because of fatigue and other factors" he says.

A more advisable approach is to try to keep reasonably active at all times, including the holiday season.

Another complicating factor, particularly on December 24th, 25th and 26th, is the *blended family* situation that many in the 50 plus generation find themselves in. Some of us are literally faced with three enormous meals in less than

Continued on page 12

## Topical pain killer, cont'd from page 9

sodium channel blocking activity of lidocaine and the anti-inflammatory and calcium channel blocking of menthol. The result is a powerful dual analgesic for pain relief.

The combination of lidocaine and menthol in Pain Relief Cream - TPR20TM ensures that the 'whole is greater than the sum of the parts.' Two analgesic compounds, each working on important elements of pain relief to complement each other and create the unique benefit and versatility of Pain Relief Cream - TPR20TM.

Finally, the route of adminis-

tration - a cream - is very important. A topical cream formulation is best capable of taking advantage of the beneficial characteristics of the ingredients with minimal side effects and toxicities. There is no other such cream available that takes advantage of the combination of lidocaine and menthol in either the US or Canada.

Pain Relief Cream - TPR20TM became available on the front shelf of Canadian retailers through Rexall Pharmacies in July of 2013; distribution channels were developed and marketing efforts

began mid-May 2014. It is currently available in Canada at 850 retail Pharmacies and initial marketing channels are being investigated in the United States.

Perhaps most importantly, it works. Consumers are regularly contacting HUMN with their experiences and excitement with finding relief. The company is now focused on bringing out new products and a number of clinical trials are in the research pipeline. Proudly based in Manitoba, we are sure you will be hearing much more about Humn Pharmaceuticals in the future. ■

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*Seasons Greetings*



# Winnipeg's 100 Per Cent Cheese Free, Syd Davy, Named NFL's No. 1 Fan of All-Time

By Scott Taylor

He's in the Pro Football Hall of Fame in Canton, Ohio. NFL commissioner Roger Goodell personally thanked him for "saving" the Minnesota Vikings. His Vikings World Order will occupy 110 seats every game for the next 30 years in Minnesota's version of the Cleveland Browns "Dawg Pound," at the new stadium in Minneapolis. A Hollywood producer is already filming a reality show based on the Vikings World Order.

For a 56-year-old retired railway worker from Winnipeg, being the Minnesota Vikings' greatest fan has certainly provided some fun times.

"It's kind of humbling having people all over Minnesota and the commissioner of the NFL thank you for saving the team," he said, from his home in Transcona, this week. "We started the Vikings World Order in 2007. I got the biggest Vikings fans I could find and invited them on board and met with everyone in Minnesota who might be influential enough to get the new stadium built. It took a lot of work, a lot of effort, but we got it done.

"When it was over, the Vikings and the NFL asked me what I wanted in return for the work that was done. I told them I wanted 110 tickets for the Vikings World Order for every game played in the new stadium for the next 30 years. They were happy to do it. And they put us in the Ultimate Fan Section so we don't even have to get up to buy a hot dog. We'll be there at every game for the existence of the stadium.

"The Viking World Order is one of the NFL's largest and most dedicated fan groups," he explained. "The VWO has worked for years promoting the Minnesota Vikings, doing rallies and meet and greets around Minnesota and at the Minnesota State Capital to keep the Minnesota Vikings in Minnesota. The VWO also works with children's charities and cancer charities. The VWO works to make the community a better place, and our tailgate parties and team support are second to none."

Syd Davy has been a Vikings fan for a long, long time. In fact, this is his 29th year as the Norse King of the VWO. Or, as he calls himself, "100 per cent cheese free" – a shot at the hated Green Bay Packers.

Every weekend, since 1986, Syd and his wife Susan have driven to the Metrodome, and now TCF Bank Stadium, to watch their beloved Vikings play football.



Syd Davy, NFL's No. 1 Fan.

In 2006, the American newspaper, *USA Today*, cobbled together a committee to find the NFL's "Most Fanatical Fan." To the surprise of not one person who knows him, the committee chose a Canadian railway worker who drives 1,600-kilometres every second week to watch his favourite team play. Since then, the NFL itself has honoured Davy on more than one occasion.

It might not be as important as the sporting contributions of Canada's MVP athletes' Justin Morneau, Steve Nash and Joe Thornton, but it's a pretty cool position to hold nonetheless.

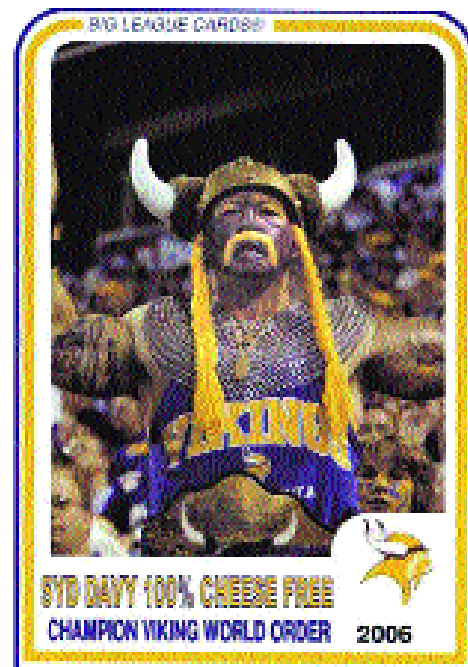
"I was pretty amazed when I got the call," Davy said, still a little shaken by the honour. "*USA Today* (reporter Tom Pedulla) called me right after the Vikings-Lions game when Minnesota was on a bit of a roll. I didn't quite understand at the time, but he was pretty clear: 'We chose you as the most fanatical NFL fan.'

"I was just blown away by that." Syd Davy, railway worker, might have been blown away by the honour, but Cheese Free, purple-faced Vikings nut, has no reason to be blown away by anything that adds to his celebrity.

Cheese Free has been featured in *Sports Illustrated* and *Maxim* magazines, is a fixture in most Vikings publications (he was on the Vikings tickets in 2012) and you can't miss him in Madden video games. He's more recognizable than most of the players. When he walks down the stairs to his front-row seats, he receives a standing ovation. The other fans offer their hands, like they would to a rock star on the edge of his concert stage.

It doesn't hurt that he's also a formidable figure – 5-foot-11, 225 pounds of rock-hard muscle. A former personal trainer, he lifts weights six days a week, two hours a day in his well-equipped basement gymnasium. His biceps – covered in Vikings tattoos – are 19 inches in circumference. In his Helga Hat and "Vikings World Order" championship belt, he cuts an imposing figure.

"And it's not like Susan and I just started doing this," he said. "We went to our first Vikings game in 1986 and I created Cheese Free in the late 80s. We began by taking him out only for the Hallowe'en games. Then, in 1994, people in the Twin Cities never saw Syd Davy again. Only Cheese Free."



Syd Davy trading card.

Cheese Free earned his reputation by catching former Vikings wide receiver Randy Moss every time Moss scored a touchdown. Now he catches up-and-coming star Cordarelle Patterson. He has missed seven games in 29 seasons.

"The last one we missed was the day the Metrodome imploded," he laughed. "I figure that it's cost me about half a million dollars to do this. I don't just drive down to all the Vikings games, but also all the Super Bowls and the time we spent getting the stadium built and all the other stuff we've done. But I wouldn't trade the experiences for anything." ■

## Wonderful time of the year, cont'd from page 10

72 hours. Catte says "I think if you consciously try to be careful and eat in moderation, it can be a manageable situation. Try to limit your portions and engage in more conversation so that your mouth is not always so full".

One of the hardest aspects of it all can be coming face to face with the host or hostess who has spent many hours preparing these generous feasts, and trying to explain to them why you're not eating more. It can be particularly difficult when visiting people who emigrated from other countries where food rituals may be somewhat different. "You just have to acknowledge how wonderful everything is and carefully

explain that you've simply had more than enough. Whatever you do, don't say something like 'I'm on a diet' says Catte.

More than anything, the holiday season is a time to share good times and memories with family members and friends. That should always be more important than concerns about what goes in our mouths.

Have a very Merry and safe Christmas, and best wishes for the new year that follows. ■

.....  
**Roger Currie** writes regularly for **Senior Scope**, and he is heard regularly on **CJNU, 93.7 FM**.

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# Be A Santa to a Senior program underway

The Be A Santa to a Senior program is underway again this year. The launch was held at the Victoria General Hospital on November 18.

This is a holiday program run by Home Instead Senior Care, that delivers gifts to less fortunate and/or isolated seniors.

Be a Santa is designed to give back to deserving seniors, as well as help stimulate human contact and social interaction for older adults who are unlikely to have guests during the holidays. Again this year, the children at Beaumont Elementary School got involved by hand-making Christmas cards that were added to gifts to give them a personal touch. (see photo on front page)

“Be a Santa to a Senior is a way to show our gratitude to an important segment of our community who have contributed so much throughout the years,” said Julie Donaldson of the Home Instead Senior Care office in Winnipeg. “According to the 2006 census, nearly 1.8 million Canadian seniors aged 75 and up were living alone and programs like Be a Santa are a way that the community can reach out and help tackle the isolation that affects seniors who are alone over the holidays.”

Here is how the program works: Before the holiday season, non-profit organizations in the community will identify isolated and deserving seniors and provide those names to the local Home Instead Senior Care office in Winnipeg. Christmas trees will go up at the office and other participating locations that feature Be a Santa to a Senior paper ornaments with the first name of the seniors, and their gift requests. Holiday shoppers can pick up an ornament at a participating location, buy the item(s) on the list and return them, along with the ornament attached. Once the gifts are collected, Be A Santa volunteers deliver them to the care homes and senior residences for wrapping and distribution.

Home Instead Senior Care is proud to partner with Meals on Wheels, Victoria General Hospital, Victoria Lifeline, Age & Opportunity Support Services for Older Adults and Virgin Radio 103.1 FM.

The program grows more popular each year. This year Minnedosa has come on board to have their own Be A Santa program in their community.

We'll update you in the January 2015 issue with the total number of gifts delivered this year.

For more information, visit [www.beasantawinnipeg.com](http://www.beasantawinnipeg.com). ■



The Westhaven Elves (residents) wrapping the gifts for the program. (Photo from Senior Scope archives from a previous year)



Just some of the gifts ready for delivery. (Photo from Home Instead archives from a previous year)

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# “THE BUZZ”

## Guenette Inducted; Payne Still Working for CFL; Looking For the Rosedales; Fleetwood Mac Nails It; New Softball Hall Inductees; Cuccaro Still Busy; Happy Birthday Mickey



By Scott Taylor

Curlers and golfers are often inducted into various Halls of Fame while they're still competing. Hey, it's curling and golf, right? Sports for life, as they say.

It's more likely that athletes who compete in football, baseball, basketball, hockey, volleyball, lacrosse, rugby etc. etc. are long retired when they get themselves inducted into whatever Hall they've been inducted into.

### Not Wanda Guenette.

On an early November Saturday night at the Victoria Inn in Winnipeg, Guenette was inducted into the Manitoba Sports Hall of Fame. She gave her induction speech, accepted the honour and then made it clear that she'll be playing volleyball, representing Canada at the 2017 World Masters Games in Auckland, New Zealand.

"It's kind of bizarre," Guenette responded when asked about her induction. "I retired in my 20s, back in the 1980s, and then I came back. Now I'm playing Masters all over the world. I'm still having fun."

One might argue that Guenette, now 52, is a better player today than she was in her 20s. The daughter of former Winnipeg Blue Bombers receiver, the late Ernie Pitts, Guenette was/is one of the greatest female athletes in Manitoba history.

This is a woman who could do it all, but she dominated volleyball. She played the indoor version of the game through the '80s and '90s and won a CIAU (now CIS)



Wanda Guenette's acceptance speech.

championship at the University of Winnipeg. She was named an All-Canadian in 1983 and made three consecutive Pan Am Games appearances in the '90s, plus a trip to the Atlanta Olympics in 1996. She transitioned into the outdoor beach game in the 2000s and played on the professional tour.

"I first started to play organized sports when I was 12, in Grade 7 at Monroe Junior High," said Guenette. "Girls didn't have any opportunity to play organized sports 'till junior high and I did everything - basketball, volleyball, lacrosse, fastball, track and field, field hockey, everything I could play, I played."

"I went to Miles Mac still hold the provincial high school record in the high jump. I asked somebody



Wanda with gold from the World Masters Games.

at the MHSAA what the record was and they said 1.70 metres. I jumped 1.76. I think all my records in track are still there."

Guenette went on to play volleyball for a year at the University of Winnipeg then joined Canada's national junior team in Toronto. After a year with the national team, she returned home and won a CIS championship at the U of W and then moved to Montreal and retired from volleyball.

"In 1989, a friend of mine in Toronto called and said, 'Do you want to come with me and play pro in Europe? They're looking for a middle player and you'd be great.' I said I hadn't been playing and she kind of laughed and a month later I got on a plane and went to Europe."

After the 1996 Olympics, she became a full-time beach volleyball player and was successful all over the world.

"I'm kind of retired, I guess, because I don't play against the kids anymore," said Guenette with a laugh. "I just play Masters. The next big event is the 2017 World Masters Games in New Zealand and I can't wait. I'm still having so much fun. I'm still dancing."

●●●

### NEIL PAYNE STILL WORKING FOR THE CFL

Former Canadian Football League official, Neil Payne, whose book *Crimes and Punishment: Life As a CFL Official* was written in 2000 and is still available on amazon.com, is still working.

Payne, now 75, doesn't look a day over 50. Trouble is, he started officiating football games when he was a student at St. Paul's College 55 years ago, so yes, he's well past 50.

On Nov. 1, Payne was at the University of Manitoba Bisons season-ending football game against the University of Calgary Dinos at



Neil Payne's book cover.



John Cuccaro (left) and his family follow him to a New England Patriots game.

Investors Group Field. He was evaluating the young officials out on the field.

"I don't know, call me a consultant or advisor or something," said Payne. "I've been asked to evaluate young officials for the CFL so I'm watching a few guys today. I've been doing it for awhile. It keeps me in the game."

Hate to say it, but at 75 he's still probably as good an official as most of the CFL zebras today.

●●●

Our good friend **T. Kent Morgan** sent along this note the other day: "I read your piece in *Senior Scope* about the Manitoba Baseball Hall of Fame inductees. Could you put a note in your column asking former Rosedales or their families to contact Bruce Hudson at **204-256-5165** or me at **204-489-6641**? Anyone who played with or was involved with any of the teams from junior down to bantam during the period 1945-1950 will be eligible for induction in 2015, but Bruce and I have to try to find them for the Hall of Fame committee. I was the one who did the research and nominated the Rosedales. Unfortunately close to a

*Continued on next page*

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## The BUZZ, cont'd from page 14



Fleetwood Mac

dozen team members have died since early in 2013." Consider it done, Kent... About seven years ago, **John Cuccaro**, lost his job as a producer, director and all-around genius TV technician at Winnipeg's CKY TV. He was 56 at the time. "CHUM had just sold A-Channels to CTV and when the CRTC made them sell off CKY to Rogers, I was laid off the day after the sale went through," said Cuccaro. Funny how these things go. It might have been the best thing that ever happened to him. Today, at 63, he works as a freelancer technical producer for Dome Productions, handling NFL and NHL schedules that are tougher than the real ones. "I was home three days in November," he said. "My schedule will be full in December, too." The older the busier...



### FLEETWOOD MAC NAILS IT AT MTS CENTRE

Concert reviews never seem to capture the quality of a rock show. They don't capture the intensity or the response of the crowd. Concert reviews are often beautifully written and sometimes technically snobby, but they never seem to grab your ass like the band does.

Earlier this month at MTS Centre, Fleetwood Mac returned to Winnipeg and had about as much fun as any group of 20-year-old rock stars could possibly have. Considering that Lindsay Buckingham is 65, Stevie Nicks is 67, Mick Fleetwood is 68, John McVie is 69 and that hot blonde keyboardist/songbird, Christine McVie, is 71 says, quite clearly, that you are NEVER too old.

I've been to dozens of rock shows, but few have been as technically sound or as joyfully performed as Fleetwood Mac's return to the 'Peg as the original band on Monday night. They weren't perfect, but they were damn close and the full house – and it was jam-packed to the rafters – nearly wet its collective self.

Now, I know this sounds a little hyperbolic, but hang with me for a second. These people are not young. They started touring a month ago and they are on tour until February. There are 68 dates in the On With the Show Tour. If they were going to take a night off, a Monday night in Winnipeg would be a good choice. Like, who'd ever know, right? Play a few hits and get on the bus. The rubes in

Central Canada would never suspect anything.

But they didn't take the night off. They played for 2 \_ hours and they nailed it. From the opening song, The Chain, until an absolute killer rendition of Don't Stop, they tore the roof off the place.

I know, it surprised me, too. In fact, the people around me were generally jaw-dropped. Fleetwood Mac has been doing this together for 40 years, it can't be new or fun or shockingly good. But it was. It was 10 times better than I expected and 100 times better than my 29-year-old companion expected.

In fact, she was two-years-old when *Tango in the Night* was released. After Buckingham burned through a solo performance – he was alone on the stage -- of the first single from that album, Big Love, she just stood there awestruck. "Well," she said. "He had nowhere to hide, did he? That was awesome."

And that pretty much summed up the concert. It was awesome. Say You Love Me? Excellent. Rhiannon? Solid. Gold Dust Woman? On freakin' fire. Landslide? Amazing. Little Lies?

Little Lies was interesting. Christine McVie has written a catalogue full of tight, melodic pop hits and for the most part, Little Lies is just another pop hit – a good one to be sure, but kind of a nice afternoon selection on FAB 94.3. Monday night, McVie and Buckingham scorched the song. It rocked the house and the heads of most of the 50-something fan boys at the edge of the stage nearly exploded.

This, my friends, was a rock show. A big, heavily produced, expensive, first-class, A-1 rock show. And five people on the stage between 65 and 71 not only pulled it off, they seemed as if they had a lot of fun doing it. I mean Mick Fleetwood looked downright gleeful. Stevie Nicks, more self aware than in her 1970s days as the drug-addled Welsh Witch, was funny and sincere and the whiskey (or whatever) in her voice growled into the microphone and knocked you on your butt.

A generally older crowd (just trying to be polite) packed the building, loved the band and exploded like teenagers when they heard the first chords of Go Your Own Way and Dreams and Seven Wonders and Over My Head and on and on.

Fleetwood Mac did not take the night off. They came to Winnipeg to put on a big rock show and that's

exactly what they did. They played the hits – almost all of them – and while Buckingham is clearly the star and the backbone of the band, ol' Steve and Chrissy were pretty damned good.

No wonder Mick was gleeful. He put the band back together. And in the autumn of their lives, they've never sounded better.



### INDUCTEES NAMED TO SOFTBALL HALL OF FAME

Don 'Smokey' Campbell, Les Ellchuk, Gord Falk, Lois Johnston, Jim Richards, Brad Wright, Wally Essie and Bill White will lead eight individuals and three teams into the Manitoba Softball Hall of Fame.

An independent committee, chaired by Les Newman (non-voting), reviewed nomination information on candidates for the Hall and selected the 2015 inductees. Steve Bergson, Peter Dick, Bill Edwards, Faye Finch, Charlie Kurtz, Allan McPherson and Allan Sharpe, Hall of Fame Past President, served on the committee.

The Manitoba Softball Hall of Fame & Museum, Inc. recognizes individuals, teams and organizations for outstanding achievement in softball and/or for contributions to the sport of softball.

The 14th annual induction banquet will be held at the Canad Inns at 1125 18th Street in Brandon on May 2, 2015. Tickets (\$65) are available from Les Newman 2at 04-235-1674.

With help from the Hall of Fame Committee, let's meet the Eight individuals and three teams that will be inducted into the Manitoba Softball Hall. The Manitoba Softball Hall of Fame & Museum, Inc. recognizes individuals, teams and organizations for outstanding achievement in softball and/or for contributions to the sport of softball.

### Athletes

#### Don 'Smokey' Campbell

At 16 in 1969, Smokey started playing fast-pitch fastball with the newly founded Minto Mustangs. Except for injury and the birth of his oldest daughter, he played every game until the team folded 30 years later in 1999. In Minto, with a population of 100, he was a stabilizing force for a team whose players 'came and went' and an encouragement for players to return. He was the 'go to' first baseman whose 'home-run' threat usually had him batting 'clean-up'. He was central on a team that won repeated league and provincial championships - first in the Southwest Fastball League; later, in the Brandon Centennial Major Fastball League. In the latter, he was chosen league All-Star First Baseman three successive years 1982-84, and in 1984, league batting champion with a .400 average and league MVP.

#### Les Ellchuk

At 15 in 1975, Les was given an at-bat against Inglis with his brother Dale's Elphinstone Movers. It was the beginning. By 1976, he was a full-time player with the Sandy Lake Comets and from 1976-84, he developed into a fine catcher and hitter with the Elphinstone Outlaws. From here, it was an incredible climb to prominence. Until his retirement from Softball in 2013, he had played in provincial, western, national and international championship teams during most of these years. Though he was committed to his local teams including the Ephinstone Outlaws, Portage Diamonds and Gladstone Whips, he was repeatedly asked to join teams qualifying for western, national and international play. In 2007, he was awarded the Wayne Gilbert Memorial Award as Top Male Player in the province and

Continued on page 17

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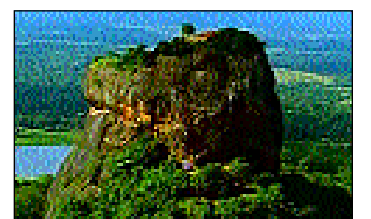
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## Holiday light display ready for another season



Last January we visited Rita Bartmanovich and her amazing outdoor Christmas light display and ornament Christmas Village display in her home. Rita starts preparing in October to be ready in time for the holiday season. If you'd like to drive through her Christmas wonderland to admire her beautiful light setup, she is located at 1040 Red River Drive, east off Pembina in St. Norbert in a community known as Howden. You can reach Rita at 204-269-2027.

### The BUZZ, cont'd from page 15

named MVP at the Western Canadian Masters.

#### Gordon John Falk

Gord was one of these rare athletes who never played minor league ball. He immediately played Men's fastball with Sanders. He played on many teams, won many championships and was placed on many All-Star teams. From 1976-2001, he repeatedly played in provincial and at the Westerns with teams including Sanders, Boissevain's Pringle Pirates, the City Centre Cougars, B&R Sports, the Minto Mustangs and Clanwilliam Greys. In 1984, he was awarded MVP of the Southwest Softball League, and in 1987, he had the highest batting average in the Southwest League.

#### Lois Johnston

For 23 years, Lois Johnston was a dominant player in Manitoba Women's Softball. With her behind the plate and her bat in the lineup, teams invariably won provincial championships and the opportunity to compete at the Westerns. Playing Senior 'B' in the Brandon and District Women's Softball League, she was the league's top hitter in 1974, 1975, 1979, 1980. She was the League's MVP in 1970, 1975 and 1985. In 1968, 1969, 1971, 1972 and 1977, she was selected to catch for teams representing Manitoba at out-of-province tournaments. Her 1977 team won the Western Canadian Championship.

#### James (Jim) Frederick Richards

At 15 in 1971, Jim joined the Clanwilliam Greys. Manager/coach Al McPherson saw his talent, and he soon became the regular centre-fielder. During the next 30 years, it's estimated that Jim played in 1500 games with 1500 hits. He won the Leech Printing

Top Defensive Fielder Award during 9 seasons, was named league All-Star in 14, named team MVP in 1982 and league/team MVP in 1985. His batting averages topped anywhere from .323 to .417. A remarkable player, who on nights when the team managed few hits, would strike for game-winning hits. Often these were home runs.

#### \*James Charles Bradford (Brad) Wright

At 14 in 1972, Brad joined his father, Jim, and his brothers Lynn and Vaughn on the Scarth Suns fastball team playing in the Virden and District Centennial Fastball League. He played 2nd base, shortstop and centre-field. In 1976, he started pitching, and by 1978, he had become a sufficiently strong pitcher to allow the now Scarth Premiers to join the Brandon and District Centennial Fastball League. Each year during 1979-83, he was awarded the league's Murray Chapman Top Pitcher Award and named the league's All-Star Pitcher. In 1982, the Dauphin Boulevards asked him to join them for the Westerns in Kelowna. He pitched 57 consecutive innings for a team Bronze Medal and a personal tournament MVP Award. Brad was a remarkable player and person. He was repeatedly asked to join higher level teams, but he always graciously declined saying that would have left Scarth without a pitcher.

#### Builders

##### Waldren Blythe (Wally) Essie

Wally lived his life on the Sioux Valley First Nation's Reserve. As a boy in 1964, he walked 12 kms. to buy his first softball glove. He wanted so much to play ball at his Kenton Elementary School. And so he did. He played high school softball at Arthur Meighen High School

in Portage, and later, Senior Men's softball on the Sioux Valley Reserve. From 1976-2002, he served in many capacities as community organizer, coach, manager/coordinator, as committee member, treasurer and president. He was simply someone everyone could trust 'to get the job done'.

#### Bill White

For four decades, Bill gave much of his life to the game of softball he so much loved. After playing softball in Brandon from 1967-75 including one year with Brandon's Esso Westman in the Winnipeg Senior Men's Softball League, he started his many years as coach and umpire. In 1975, he coached Junior Women's Softball, and in 1976, his 'Pic A Pop' team won the Junior Women's Provincial Championship. For two more years he coached the Red Oak Inn Red Peppers before becoming a full-time umpire. From 1975-2010, Bill rose through the provincial and national ranks to become a respected and revered umpire. During these years, he served as umpire and/or Umpire-in-Chief at provincial and high school Championships, at three 1st. Nations Nationals Championships, and at Senior Men's and Women's Western and National Championships. In 2005, he was awarded the 'Indicator Award' at the Umpire's Blue Convention in Calgary.

#### Teams

##### 1974-1978 Brandon Pizza Place Ladies Fastball Team

Brandon Pizza Place Senior Women's Fastball team dominated during the years 1974-78. They won the Brandon and District Fastball League Championship in 4 of these 5 years, and the Senior 'B' Provincial Championship in 1974 and 1975. Players excelled. In the provincials of 1974, Ev Oliver had two wins and Betty Couling batted .400; in 1975, Lois Johnston, the winning pitcher, was named tournament MVP.

##### 1957-1958 Jacobson & Greiner Men's Fastball Club

In 1956 when Brandon had one select Senior Men's Fastball Team competing in a Winnipeg league, the construction company Jacobson & Greiner supported Brandon softball players to build a softball diamond at 4th. St. and McTavish during 1956-7. In 1957, the organ-

izers established a 5 team league and a draft system to man each team. Teams included J&G, Crests Dry Cleaners, LaSalle Grill, McGavins and 7-Up. J&G won the league in both 1957 and 1958. Their skill and tenacity in these tightly contested games drew droves of fans. It was one great era in Brandon Softball, and Jacobson & Greiner were always in the thick of it.

##### 1948-1952 Rumfords Ladies / Curly McKay's Girls Softball Team

The Rumfords Ladies Fastball Team started in the mid-1940s as a community team called The Central Vics playing games at Brandon's South End Community Club. In 1948 with Rumfords Laundry as sponsor, they dominated the Westman area during the years 1948-52 winning the Brandon and District Girls Softball League championship trophy during 4 successive years. In 1952 when Rumfords Laundry was sold to Perth Dry Cleaners, Curly MacKay sponsored the team that then played in the Minnedosa Girls Softball League. As well, they won numerous tournaments. Every town seemed to have a softball tournament. These players are now in their 80s. They were great team-mates and have remained great friends.

(\*Deceased)

##### With files from Manitoba Softball Hall of Fame



##### AND FINALLY...

And finally, a special happy birthday. On Nov. 17, **Mickey Mouse** turned 86. The Mouse that built an empire debuted on Nov. 17, 1928 in the cartoon, "Steamboat Willie." ■



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# Coffee Break in Rural Manitoba

Oak Bank, MB, including Springfield News...



By Marion Clemens

Hello everybody to this last Coffeekbreak column in the year 2014 – which can also be seen as the start of the new 2015 year.

The year 2014 went out with Remembrance Day being celebrated as the most important event of the year. Several services were held to honour our heroes, with many of them fighting for Canada's freedom during WWI and WWII. The Springfield/Hazelridge Legion #146 prepared again the service at the Oakbank Baptist Church, which included Reading of the "Springfield Veterans Honour Roll", plus Poem of Remembrance.

I felt honoured being asked to say a few words in regards to my experiences living under Hitler's dictatorship.

As it turned out I was not able to speak during the service and therefore I will report now what my words would have been, since I find it very important for everybody to learn the facts about that period in order to realize that our heroes really fought for the freedom we are enjoying now here in Canada and in Western European countries. Remembrance Day was a chance to make it very clear how extremely grateful we should (and do) feel in the present time.

In 1933 Hitler declared himself leader of the German government. He also wrote and published his book "My Kampf" (my struggle, my fight.) . In this book he told the world exactly what he intended to do, which was: keep the Aryan race clean, which meant all Jews had to be killed. Nobody did anything to stop Hitler, because they

**“When the law became reality that all Jewish people had to wear a bright yellow star on their coats and jackets. I remember seeing a boy - sitting at the side of the road wearing one of such stars and he looked so sad. He was not much older than I was.”**

just thought "He can't do that. Somebody will stop him." But nobody did and Hitler's power grew even more after September first, 1939 when the Nazi army marched into Poland without any official declaration of war. Within only ten days all of Poland was occupied by German troops .

Living under a dictatorship government means the end of any and all freedom for the population.

Everything was run by Nazis: The newspapers, radio (no TV yet at that time), schools and the Nazi Party was the only Party tolerated!!!

Concentration Camps were built supposedly as places to keep unaccepted people – like in a prison. Among the "unaccepted persons" were of course (in the first place) Jews, but also communists, gypsies, homosexuals, Jehovah Witnesses, and even mentally sick persons because they all would spoil the purity of the Aryan "Master Race."

Even as a six year old I saw and heard many things I just did not understand, and any adult I asked about them were not able or (what I think now were afraid) to tell me the truth.

I still remember so clearly the Kristall Nacht. In October 1938 Jewish stores and businesses were destroyed, as the beginning of eliminating Jews altogether. I saw what happened (by then 11 years old) and as usual asked my mother, "Why does the police not stop the people?" And again, the answer was "I don't know Marianne - I just don't know."

I also remember seeing people sitting on straw in passing freight trains, wondering why they were not travelling in regular cars. I learned much later that this was the way Jews were transported to the Concentration Camps. Most of them to Auschwitz, which soon became known as the death camp - where most of the Jews were killed with the help of gas.

When the law became reality that all Jewish people had to wear a bright yellow star on their coats and jackets. I remember seeing a boy - sitting at the side of the road wearing one of such stars and he looked so sad. He was not much older than I was. Soooo many questions.

I'm sorry - but there is too much what I remember so vividly - I have to come back to this part of my life, which I partly reported in my first book - A Childhood lost in War - Growing up Under Nazi Rules.

If any organization or club would like to learn more - Please contact me and I will gladly come for a short talk (no costs involved) because it's very important to me that especially the youth will fully understand what Dictatorship can do and that we may never forget the many people who fought for our freedom.

That's enough for today.

I am wishing you all a very Happy New Year after having celebrated Christmas with your family and/or friends.

I'll be back in 2015. 'Til then, Be happy, positive and grateful if you can enjoy good health! And if you are going through hard times, try to live "one day at a time" which is a good way to feel hopeful and thinking, "This too shall pass."

So long ~ Marion



By Roger Currie

## Currie's Corner

### Stupidity Virus

The basic definition of the word *stupid* is "lacking intelligence or common sense". All of us have had occasion to plead guilty to that description at one time or other. If we're lucky, we have learned from the experience and done better afterward. If the problem repeats itself too frequently, it now turns out there may be a medical explanation.

Researchers at Johns Hopkins and the University of Nebraska have identified what they're calling the "stupidity virus". When they injected the organism into mice, the little critters started to blunder around mazes and seemed totally mystified by new toys that were introduced to them. In short, they were more stupid than they were before the injection.

Dr. Robert Yolken of Johns Hopkins was the lead investigator. He says it shows that behaviour and psychological ability are determined by many things that may be just as important as the intelligence we were born with. He also

said he has suspected for quite some time that viruses can mess with our minds in a number of ways we never thought of before.

This research is preliminary, but one shudders to think what it will mean if the 'stupidity virus' ever becomes accepted as a recognized medical disorder. The turnout for exams in high school and college may well plummet if students could get a note from their doctor that would excuse them from demonstrating how little they really know.

When it comes to really important decisions, imagine what our lives would be like if there was a simple test that would tell if a person suffers from the virus. Members of Parliament, or any elected body could be tested before any important vote, and disqualified if they were deemed to be "stupid".

You gotta know that Pfizer or one of the other big Pharmas are already working on an antibiotic or a vaccine. Isn't science grand? ■

### Dismal Science

Not that long ago there was a joke making the rounds about a woman who doubled the value of her vehicle, by filling the gas tank. The question had been on the minds of drivers on the prairies and elsewhere, "When will gasoline drop below a buck a litre?"

It has seldom been at that level in the past 15 years, but you have to wonder with the world oil price falling below \$73 U.S. per barrel this week. The OPEC boys met in Vienna, and decided not to cut production. There was a time when the oil price would strengthen if the Saudi's and the rest of them turned down the taps, but it's far less likely these days.

We're told that there is a glut of oil in the world, and it will continue well into 2015. It's terrific news for anyone who drives or has to fire up a furnace in the dead of winter, but it's a nightmare for the ministers of Finance in Edmonton, Regina and Ottawa.

Saskatchewan's Ken Krawetz is still projecting a provincial surplus of more than \$70 million next year,

but that has to be not much more than a creative *guess* – wishful thinking. If oil falls much below \$70 a barrel next year, just imagine how many jobs will start to disappear in places like Fort McMurray and the *Bakken Play* region near Estevan.

What will it mean for those pipelines that have yet to be built, particularly *Keystone XL*? Global economics may well shut the huge project down, rather than politics in Washington.

By the way, Manitoba is not an innocent bystander in this drama. The province is selling Hydro power to the northern U.S. at a loss right now. Those numbers will only get worse as oil prices drop.

See why it's affectionately known as the *dismal science*? ■

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio [www.cjnu.ca/c-corner.shtml](http://www.cjnu.ca/c-corner.shtml)

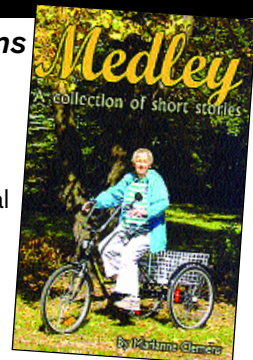
## Medley - A collection of short stories

The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

Available at:  
**Winnipeg:** McNally Robinson - Grant Park Shopping Centre  
**Oak Bank:** Oakbank Food Fare, Country Town 'N Dollar/Postal outlet, and 689 B Main Street, apartment 111.

Author's first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."

Both are biographical works, with the first book covering the years from 1933 to 1957 in Europe and the second, 1957 - 'til 2002 in Canada.





# The Reading Room

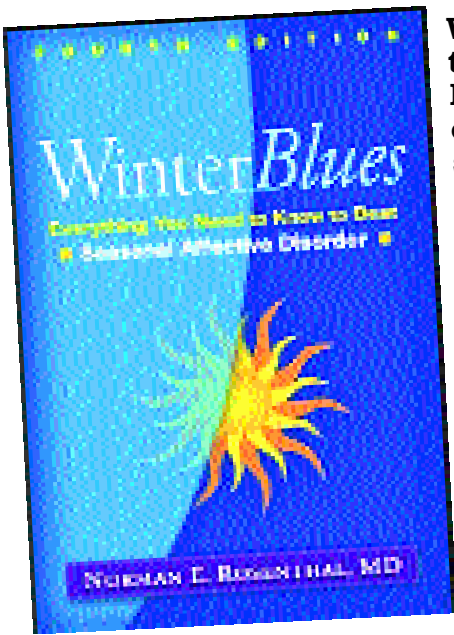
@ J.W. Crane Memorial Library, Deer Lodge Centre

Consumer health books, videos, and magazines for seniors, their families and friends.

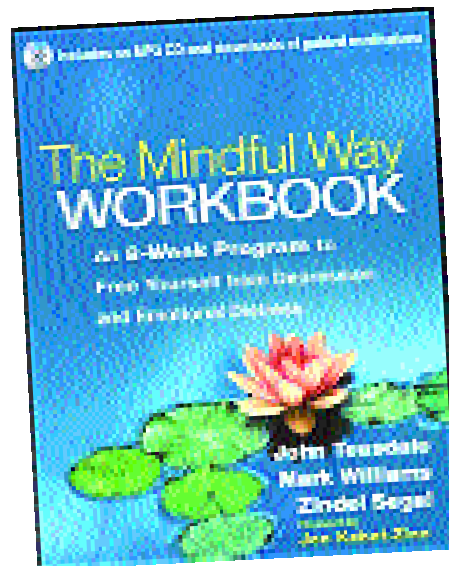
It's December. In Manitoba. Tell me honestly, are you looking forward to the next three months? Don't bother answering that if you are one of the lucky snowbirds who get to spend the

season somewhere south! For those of us toughing it out, getting through the winter can be a real challenge. We may have less energy than usual, sleep more, eat more, feel down or depressed, or

withdraw from family and friends and go into "hibernation mode", only to be revived again in the spring. If this sounds like you, the J.W. Crane Library has a couple of new books that can help.



**Winter Blues: Everything You Need to Know to Beat Seasonal Affective Disorder** by *Norma E. Rosenthal* is the essential guide for those of us who struggle through the winter. Dr. Rosenthal initially began investigating SAD in the 1980s, when he moved from South Africa to New York and was trying to discover the cause of his own depression. He is a pioneer in the field and writes the book from the perspective of both therapist and patient. The first part of the book covers seasonal syndromes, including causes, symptoms and advice on when to seek professional help. The second part presents the many treatment options, including light therapy, medication, psychotherapy and lifestyle modifications. ■



This latest edition also includes an entirely new chapter the role of cognitive distortions and negative thinking, and the ways in which mindfulness and meditation may help those suffering from SAD. A good companion book to Winter Blues is **The Mindful Way Workbook** by *John Teasdale, Mark Williams and Zindel Segal*. This 8-week program provides a roadmap to help you overcome depression, anxiety and stress. The program is presented in easy-to-digest chapters, each filled with numerous exercises and examples, and is accompanied by a CD of guided meditations. ■

The J.W. Crane Memorial Library, operated by the University of Manitoba Health Sciences Libraries, is the largest specialized collection on geriatrics, gerontology and long-term care in Canada. Our Reading Room contains consumer health resources for Deer Lodge Centre residents, their families and members of the community. Consumer Health borrowing cards are available free of charge. Items may be borrowed for two weeks.

The Library is open Monday to Friday 8:30-4:30. [dlclibrary@umanitoba.ca](mailto:dlclibrary@umanitoba.ca) / <http://libguides.lib.umanitoba.ca/deerlodge>

## TRAVEL & ACTIVITIES

Share the space. Share the cost! Call for special pricing in this section: 204-467-9000

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**\$117.00 pp dbl occ**  
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| January 4-6 | January 22-29 |
| March 1-3   | March 22-24   |
| April 5-7   | April 19-21   |

**Tour Includes:**  
Motorcoach transportation, 2 nights lodging at Shooting Star Casino Resort, \$110.00 Free Casino Package, Duty Free both ways, Shopping in Grand Forks/Crookston and Tour Escort on board!

**Red-White & Blue Get-A-Ways**  
**1-866-846-3795**  
rwbgetaways@hotmail.com

**Moose Jaw Mineral Spa Bus Tours**

Feel your stress melt away at **Temple Gardens Mineral Spa** with its naturally relaxing amenities, is the only one of its kind in Canada. Experience taking the waters in the hot mineral pools. Relax, unwind & rejuvenate!

**February 23-24-25 & 26th**  
\$349.00 pp dbl occ

**March 15-16 & 17th**  
\$247.00 pp dbl occ

**Tour Includes:** Lodging at Temple Gardens Mineral Spa Resort Hotel, Motorcoach transportation, Unlimited Access to Mineral Pools/Steam Room plus \$20.00 Casino Moose Jaw Slot Credit Each Day, & \$5.00 Off Food Each Day. (located across the street from Temple Gardens!)

**Red-White & Blue Get-A-Ways**  
**1-866-846-3795**  
rwbgetaways@hotmail.com

Great holiday gift ideas from **Manitoba Theatre for Young People**

This December, give them the gift of theatre at MTPY! With professional theatre for kids age 2 to teen, there's something here for every grandchild on your list!

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**EVENTS**

**Red River Coin & Stamp Shows** - Shows monthly Sept. through June. Free adm. Charterhouse Hotel, second Sun. of the month, 10 am-4 pm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

**The Manitoba Coin Club** - meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré Hall: **204-296-6498**, email: **mbcoin@shaw.ca**

**McBeth House Centre Inc.** - Offers to 55+: Tues.: Quilting, 9-2 pm; Looking for crib players day or evening; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Looking for more bridge players. Accepting new members. Call **204-334-0432** for info. House is also available for rental.

**Sir John Franklin Public School (class of 1954-55)** - 60th Kindergarten Reunion, Sep. 7-8, 2015, Wpg. Contact: Walter Badger: **204-467-5838**, badgerw@mts.net; Derek Legge: **204-837-1290**, dlegge@mts.net; Shar Mitchell: **204-414-2066**, sharmitchell19@gmail.com

**The Women's Canadian Club of Winnipeg** - Luncheon, Thur. Dec. 18, 12-2 pm, at RBC Convention Centre Pan Am Room. Members \$22, Guests \$25. Call for reservations: **204-663-5657**. Ron Robinson will read to us from Dickens "A Christmas Carol". Ron can be heard on the Sat. Morning Show on CKUM FM 95.9. He is also the founding partner of McNally Robinson Booksellers.

**A & O: Support Services for Older Adults** - Entry Program for Older Adult Immigrants, engage in fun group activities such as role playing, questions and answers, group discussions, etc. over the telephone. Thursdays, 1-2 pm, Jan. 15-Mar. 19/15. Call **204-956-6440** or email **entry@ageopportunity.mb.ca** for info and to register.

**George V School Alumni** - 100th Anniversary Celebration, June 5 & 6, 2015. For more info contact the school at **204-669-4482** or email **www.winnipegssd.ca/schools/georgev**

**Luthern Church of the Cross** - An Old Fashioned Winnipeg Sing-a-long Christmas, Sun. Dec. 14, 2:30 pm at 560 Arlington St., with the Westwood Community Band and Musical Director Owen Clark. Free will offering. Call **204-775-0331** or email **crosswinnipeg@mymts.net**.

**Nearly New Shop** - Dec. 12-23, Mon-Fri 10 am-4 pm, at 961 Portage Ave. 50% Off Toys, Books, Puzzles, And All Christmas Items. All proceeds to The Children's Hospital of Manitoba.

**Forum Art Centre** - Winter classes start Jan. 12, at 120 Eugenie St. Register now til Jan. 11. Classes evenings & weekends. Info at: **www.forumartcentre.com** or call **204-235-1069**.

**Village Green English Dance** - Boost your brain & physical health. Weekly, Wed, 7:30-9:30 pm, Jan 7-Apr 29, Harrow United Church, 955 Mulvey Ave. Everyone Welcome. Info, Katherine: **204-475-2097** **villagegreenenglishcountrydancing.org**

# Things to do in Winnipeg

**Hockey For Seniors** - 60+, 50+. One hour of fun, exercise, friendship, Tues & Thurs, 12-1 pm at Steinbach Arena (T.G. Smith). Call Bob Barrow, **204-392-3596**, **bob.r.barrow@gmail.com** or Darrell Delong, **204-371-0229**, **djdlong@mymts.net**

**Assiniboia Wood Carvers Association** - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

**CARP (the Association for 45+) Chapter #47 Winnipeg West** - Upcoming meetings, 9:30 am at ANAVETS, 283 - 3584 Portage Ave. Jan. 3 - Speaker: Representative from Disability Tax Credit

**Ukrainian Canadian Veterans Branch # 141** - Hard Card bingo, Fri. afternoons, Paper bingo, Wed, Thur, Fri & Sat. evening. Sat. aft. dance with live band. For info: **204-589-5315** ext 103

## VOLUNTEERING

**Middlechurch Personal Care Home** - Volunteers needed to work 1 day/week in the Village Pump (Pub) and/or the General Store. Volunteers also needed for Sat. afternoons and evenings. Contact Matt Mutcherson: **204-336-4138**.

**Tudor House Personal Care Home, In Selkirk, MB** - Looking for Volunteers to assist with Recreation Programs, Rose Bistro Tuck Shop, Activities, Friendly visiting. Also Nursing Volunteers/companions, Palliative Care Volunteers, Office Volunteers and grounds and gardening Volunteers are needed. Call Sable Chamberlain: **204-482-6601** Ext:21.

**The High Steppers Seniors club** - Volunteers needed to help with getting seniors to and from our club on Wednesdays and Thursdays, 10-2:30. **204-619-8477**

**Parkview Place, Long Term Care by Revera** - Volunteer Recreation Program Assistant required to assist in running programs for residents and with individual visits, days/evenings, downtown Wpg. Email: **pierre.feng@reveraliving.com** or call **204-942-5291**

**Rupert's Land Caregiver Services** - Volunteers in Wpg. are needed for our "Time-out for Caregivers Program" where a volunteer is matched with a family to provide companionship to the older adult & give their family caregiver some time-out. Call: **204-452-9491** or email: **rlcs\_vol@mymts.net**.

**A & O: Support Services for Older Adults** - Volunteer Visitors are needed in all areas of Wpg. 1 hour every 1-2 weeks. Please call **204-956-6440** or email **proth@ageopportunity.mb.ca**

**Victoria Lifeline Home Service Representatives** - Volunteers needed to travel throughout Winnipeg to explain and set up Lifeline equipment in people's homes. Must have a car. Training provided. Call **204-956-6770** for info or email **dhildebrand@vgh.mb.ca**

**K.I.N. Resource Council for Seniors** - Bluebird Lodge Congregate Meal Program, 97 Keewatin St., seeking volunteers to help with the 4:30 meal - 3 hours, once a week. Call **204-774-3085** for details.

**Vista Park Lodge Personal Care Home in St. Vital** - Volunteers needed. Call Janet Paseshnik: **204-257-6688**

**Bethania Personal Care Home and Pembina Place** - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. Call: **204-654-5035** or email **dianne.nixdorf@bethania.ca**

**Southeast Personal Care Home** - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

## SOCIAL PROGRAMS / SERVICES

**South Winnipeg Seniors Resource Council (SWSRC)** - 'Remembrance' Get-together, at C.F.C. 465 Osborne St. Call: **204-452-5720**. Refreshments, Special Music By Sue, Meditation by Jake. PLEASE NOTE: The SWSRC office will be closed until Nov. 17.

**St Vital Streamliners** - meet Tuesdays, 6:45 at General Vanier School, 18 Lomond Blvd. Supportive and fun group with focus on weight loss and healthy living. Exercise class suitable for all fitness and mobility levels. Modest membership fee. Call Carol at **204-269-4097**.

**Vital Seniors** - Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays & Fridays: **204-334-3559**, Free Exercise Class, Tuesdays: **204-253-0555** (Judy), Monthly Luncheon, Last Tuesday: **204-256-0414**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Rd.

**Bleak House Senior Centre** - Tuesdays 9:30 am-noon: Arts & Crafts; NEW - Wednesdays 9:30 am-12:30 pm: Computer Communications. Bake & More Sale - Nov. 8, 10 am-1:30 pm. 1637 Main St. All Welcome. Info: **204-338-4723**

**Archwood 55Plus** - Archwood Community Centre, 565 Guilbault Street - exercise classes, pickle ball, line dancing, social activities (monthly luncheons, bowling, card & board games), bus trips & more. **204-416-1067**, **archwood55mail@gmail.com** or **www.archwood55plusinc.weebly.com**

**Pembina Active Living 55+(PAL)** - Winter classes (10 wks) begin Jan. 5. Deadline to register Jan. 2: yoga, fitness, line dance, Zumba Gold, painting, etc. Many drop-in activities. Register by mail or in person at Grace Christian Church during office hours (at **www.pal55plus.ca**). **info@pal55plus.com**, **204-946-0839**

**Seine River Seniors Inc.** - Southdale CC. activities: bridge, Mon., 9:45-11:30 am; walking/urban poling, Mon., 9:30-10:30; monthly lunches - 2nd Wed. of each month; Sept. 7 - Pansy Fall Supper; Sept 17 - Assiniboine Park Zoo; Oct. 5 - Cooks Creek Fall Supper. Call: **204-253-4599**

**Weston Seniors Club** - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan **204-774-3085**

**Norberry-Glenlee CC** - Programs for seniors. Now offering Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

Please mention Senior Scope when contacting our advertisers. It helps them track their ad effectiveness in Senior Scope. Thank You.

**The Salvation Army** - Seniors 55+ Program, Tuesdays, 9:30-11:30 am, at the Barbara Mitchell Family Resource Centre, 51 Morrow Ave. Coffee/tea, crafts, board games & more. Call **204-946-9152**.

**Le Conseil des francophones 55+** - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons, St. St-Boniface, Wpg., **conseil55@fafm.mb.ca**

**55+ Men's Club** - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **987-8850**.

**Springs Seniors Drop In** - Fall Luncheon open for seniors only, Tues. Oct. 28, starting at 1 pm, 725 Lagimodiere Blvd. Games and fun to follow. Open to public. Pre-registration only. Tickets \$8 - at church info desk or call **204-233-7003**. **www.Springschurch.com** (under church life)

**Senior Centre Without Walls through A & O** - Support Services for Older Adults offers free educational and recreational group activities over the phone, for socially isolated adults 55+ living in Manitoba. Call toll-free **1-888-333-3121** or we can call participants into the line when unable to do so themselves. Call to register: **204-478-6169** or **204-956-6440 (Wpg)** or email: **swwrc@mymts.net** or **intake@ageopportunity.mb.ca** for info.

**Lion's Place Adult Day Program** - Social day program for seniors - physical, mental, and recreational programs. Transportation & hot lunch provided. Membership \$8.06/day. Call **784-1229**. Referrals to the program are made through WRHA at **940-2655**, or call your Home Care Case Coordinator.

**Dufferin Senior Citizens Inc.** - 377 Dufferin Ave. Mon. - Shuffleboard & Bingo; Wed. noon - soup & perogy lunch. Perogies for sale. Every 2nd Sat., 12-4 pm, dance, 4 piece band & lunch. **204-986-2608**

**The Friendly Settlers Senior Citizens Club** - 200 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Jean: **204-222-7504** or email: **ganyadel4@mymts.net**

**Elmwood-East Kildonan Active Living Centre** - 180 Poplar Ave. & Brazier. Various scheduled and drop in activities. Call **204-669-0730** to confirm if activity still on.

**Dakota 55+ Lazars Program** - Programs at Jonathan Toews Community Centre, 1188 Dakota. Call Karen: **204-254-1010** ext. 206

**The St. James-Assiniboia 55+ Centre** - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **(204) 987-8850**

**St. Chad's Anglican Church** - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

**Mensheds Manitoba Inc.** - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1 pm-4 pm. Call Doug: **832-0629** or **804-5165**

# Things to do in Rural Manitoba

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Quarry Toastmasters** - Face your fears of public speaking. Meetings at Stonewall Collegiate library, 7:15-8:45 pm. We all work together. You're not alone. Contact Brenda: **204-467-5088**

**Selkirk Community Choir** - Rehearsals Tuesdays, 7 pm at the Lutheran Hall (by Safeway parking lot on Main. St., Selkirk, MB. Small membership fee. No music experience necessary. Call: **204-757-4411** or **tmhaut@escape.ca**, or **204-785-1929**.

**East St. Paul Curling Club** - The Learn to Curl League, each evening, includes an instruction session and mini-game. 8-week session starting Oct. 25, Saturdays, 5-7 pm. Visit **www.eaststpaulcurlingclub.net** or email **espcurl@gmail.com** for info.

**South Interlake 55 Plus** - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plus on Keith Cousins Drive, Stonewall. Wear comfortable clothing and shoes. Bring water to drink. Admission \$1/class with 55 Plus 1-yr membership (\$20) - can arrange to pay membership after hours (4 pm) at a Wednesday class. Call Verna, Member of the Quarry Strutters Line Dancers: **204-467-5090** or email: **verrod1@mymts.net**

**Springfield Seniors Community** - Congregate Meals are available to all community seniors. **Oakbank:** Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. **Dugald:** Mon/Wed/Fri - 5 pm. **Cooks Creek:** Mon/Wed - 11:30. Call **204-444-6000**. **Anola:** Mon-Fri, 11:45 Call **204-866-3622**

**Ritchot Senior Services** (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **204-883-2880**

**East St. Paul 55 Plus Activity Center** - Accepting memberships from East St. Paul area residents. Various activities and quilting open to all members. Call **204-661-2049** or **204-654-3082** (msg).

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**;

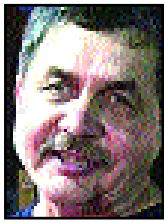
**Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches** Resource Center (**Victoria Beach**) **756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Gordon Howard Support Services **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, Pinawa 753-2962 or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

Email ready-to-print electronic PSAs to: **kelly\_goodman@shaw.ca**. No faxes please. Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.



## Older Than Dirt - HUMOUR

# The Sasquatch



By Rick Goodman

Years ago, back on the farm we had a little run in with UFO mania. I never actually got to see a UFO. But I heard a lot about them from people who knew people who were related to people who had seen them.

A few years later we had a flurry of sasquatch activity. I actually got to see one of these things right up close and lived to tell about it.

My brothers made it. We had sheep at the time and you used to be able to get these huge gunny sacks to put the wool in. These things were big. I'm pretty sure you could have stuffed a Volkswagen in one of them. Anyway, working on the sly, my brothers constructed themselves a sasquatch out of page wire, 2x4's and these big gunny sacks.

Then they waited for a dark night and a suitable victim.

I'd come home for the weekend. We sat around for a while after supper and they filled me in on the latest sasquatch news and then disappeared outside. Just before bedtime they came rushing into the house and told me that my car was on fire.

I bailed out of the living room, charged thru the kitchen and did a one handed swing thru the porch doorway. It was dark. The porch light was out. The yardlight 50 yards

“I bailed out of the living room, charged thru the kitchen and did a one handed swing thru the porch doorway. It was dark. The porch light was out. The yardlight 50 yards away backlit something at the corner of the house. Something menacing. Something 14 feet tall and an easy 6 feet wide was hulking on the path right in front of me.”

away backlit something at the corner of the house. Something menacing. Something 14 feet tall and an easy 6 feet wide was hulking on the path right in front of me. So close I'd nearly bumped into it.

It's one thing to think about sasquatch in the abstract. To acknowledge that they may exist someplace. It's all very distant, not relevant to everyday life, and kind of entertaining in a mild way.

To actually come face to face with one 30 feet from your own doorstep on a dark night is something else again. The night breeze ruffled the burlap sacking and in the darkness made the thing look like it was actually moving. It's posture alone was menacing.

Rape, murder, mayhem and just pure evil, confronted on a dark Interlake night has a particular odour. A sour funk rolled over me as the creature gathered itself to spring. Smelt like wet wool and sheep manure.

Now I used to jump out of airplanes so I was no stranger to the physiology of fear. Sweating, elevated pulse, anxiety, are all normal symptoms and I was familiar with them all. But... This thing, and I couldn't even think of it as a sasquatch, this menacing horror towering into the night sky above me induced an emotion that hasn't even been named yet. The needle on the old Meter 'O Fear spun around the dial about six times and then just gave up and fell off. We were definitely in unexplored territory now. Every hair on my body stood straight up. My bowels turned to water and I broke into a slimy cold sweat. My butt cheeks clenched together so tight my pants fell off and I began to pant.

Some little reasoning ability returned so I knew I had to warn everyone in the house that doom was upon us. Between gulps of air I managed to whisper, "Ah, ah, ah."

Not satisfactory. So I instantly determined to head for the house. Now, unlikely as it seems a person, if properly motivated, can actually run and climb steps with his pants around his ankles. Pretty darn quickly too.

I broke thru the kitchen door, into the light and saw my brothers

sitting at the kitchen table just killing themselves. Good one! Got me.

So let's get Dad.

He was already in bed. I got a good seat at the table while one of the boys went upstairs and hauled out the old car's on fire line.

A few seconds later we heard footsteps thundering down the stairs. He came around the corner from the living room, roared thru the kitchen and slammed the door behind him as he blew thru the porch.

The thing about Dad was, in moments of stress he would pull a comb out of his back pocket and comb his hair back. One hand would sweep the comb thru and the other hand would pat the hair down as the comb was getting ready for another pass. It was a two handed operation and quite a little production.

"Wait for it," brother Dave said,

"Waaait for it." He took a sip of Pepsi and before he could even put the glass down, the door was literally kicked open. Dad crossed 26 feet of kitchen in 3 steps. That's just under 9 feet per step. His hands were a blur combing his hair and as he went by he looked me right in the eye and exclaimed, and I quote, "GHAH WAH, Fu, Fu, Fu!"

Well put, I thought. I knew exactly what he was talking about.

He made it thru the kitchen and half way thru the living room before he did an about face and headed for the whiskey bottle in the cupboard.

The boys had to get up extra early and pick rocks for a few days after that. Dad would sit on the tractor and roll smokes. Every now and then he'd stop and comb his hair. ■

[rickgoodmansk@hotmail.com](mailto:rickgoodmansk@hotmail.com)



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## Tips for seniors to maintain a healthy home

It's important that the places we call home are healthy environments, for ourselves and our visitors. Risks to health can occur in any home through environmental factors from nature itself, products we use, the air we breathe, or sometimes from the food we eat, or the water we drink. A new guide for seniors has just been released that talks about the common health risks and tips seniors can use to help ensure a healthy home environment.



Canada

The guide *IS YOUR HOME HEALTHY? Easy Steps to Maintaining a Healthy Home, Environmental Health Guide for Seniors at Home* is available in PDF format or printed copy, and you can access both by visiting the Health Canada website or by calling 1 800 O-Canada (1-800-622-6232) TTY 1-800-926-9105

## Conseils aux personnes âgées pour conserver une habitation saine

Il est important que notre foyer constitue un environnement sain pour nous comme pour nos invités. Des risques pour la santé peuvent exister dans tous les foyers en raison de facteurs environnementaux naturels, des produits que nous utilisons, de l'air que nous respirons, ou parfois des aliments que nous mangeons ou de l'eau que nous buvons. Un nouveau guide vient d'être publié qui aborde les risques pour la santé les plus courants et fournit des conseils qui vous aideront à faire de votre foyer une maison en santé.

Le guide *VOTRE MAISON EST-ELLE EN SANTÉ? Trucs faciles pour avoir une maison en santé, Guide de santé environnementale à l'intention des personnes âgées qui vivent à la maison* est disponible en version PDF ou exemplaire imprimé, et vous pouvez accéder aux deux en visitant le site web de Santé Canada ou en composant le 1 800 O-Canada (1-800-622-6232) ATS 1-800-926-9105



### Tortilla Cheesecake

| Metric | Ingredient                            | Imperial |
|--------|---------------------------------------|----------|
| 250 ml | tortilla chips, crushed               | 1 cup    |
| 40 ml  | margarine or butter, melted           | 3 tbsp   |
| 2      | packages cream cheese, softened       | 2        |
| 2      | eggs                                  | 2        |
| 250 ml | colby cheese, shredded                | 1 cup    |
| 125 ml | green chilies, chopped                | 1/2 cup  |
| 250 ml | sour cream                            | 1 cup    |
| 250 ml | yellow or orange bell pepper, chopped | 1 cup    |
| 125 ml | green onion, chopped                  | 1/2 cup  |
| 125 ml | tomato, chopped                       | 1/2 cup  |
| 50 ml  | pitted ripe olives, sliced            | 1/4 cup  |

In a small bowl; stir together chips and butter. Press into bottom of 9 inch (22 cm) springform pan. Bake in preheated 325 F (160 F) oven for 15 minutes.

In a large mixing bowl; beat cream cheese and eggs at medium speed with electric mixer until well blended. Mix in shredded cheese and chilies; pour over crust. Bake for 30 minutes.

Spread sour cream over cheesecake. Loosen cake from rim of pan; cool before removing. Chill.

Top with remaining ingredients just before serving.

Serves 16

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## MANITOBA GOVERNMENT MEETS COMMITMENT TO HIRE 50 PHYSICIAN ASSISTANTS

The province announced its commitment to hire 50 physician assistants in communities across the province.

"Physician assistants improve access to health-care services for Manitoba families by providing quality care and allowing physicians to focus on more complex patient needs," said Health Minister Sharon Blady.

This year, new positions were created and 11 program graduates were hired to ensure more timely access to team-based care for families, the minister said. This will allow more physician assistants to join Manitoba's health-care teams, helping patients access the care they need more quickly, she added.

Every year, up to 12 candidates are accepted into the University of Manitoba's first-in-Canada Physician Assistant Education Program, a two-year graduate program that includes learning in clinical settings as well as the classroom.

Physician assistants work with

physicians and are trained to perform a wide range of services including patient exams, ordering diagnostic tests, undertaking minor procedures, and prescribing needed medications and treatments.

"Our organization is proud to be the voice of physician and clinical assistants in the province," said Trevor Stone, president, Physician and Clinical Assistants of Manitoba Inc., and president, prairie chapter, Canadian Association of Physician Assistants. "We're excited to be a part of the growth of the profession in Canada, and we would like to take this opportunity to thank all Manitobans for allowing us to be part of their health-care team."

Physician assistants currently work in a variety of areas across Manitoba's health-care system including primary care, emergency medicine, oncology, rehabilitation medicine and internal medicine, as well as general, orthopedic, plastic, cardiac, vascular and neurosurgery. ■

### Baked Parsnips and Fruit

| Metric | Ingredient              | Imperial |
|--------|-------------------------|----------|
| 500 g  | parsnips                | 1 lb     |
| 2      | apples, cooking variety | 2        |
| 1      | orange                  | 1        |
| 40 ml  | margarine, melted       | 3 tbsp   |
| 30 ml  | brown sugar             | 2 tbsp   |
| 40 ml  | orange juice            | 3 tbsp   |
| -      | nonstick cooking spray  | -        |

Peel parsnips and cut into matchstick strips. Core apples; cut into 8 wedges per apple. Slice unpeeled orange into 8 wedges.

In a large bowl; combine margarine, brown sugar and orange juice. Add parsnips, apples and orange; mix well to coat.

Transfer to lightly sprayed 9 x 13 inch (33 x 23 cm) baking dish; cover and bake for 30 minutes, stirring occasionally. Uncover and bake 15 minutes longer to glaze. Baste with juices and serve warm.

Serves 6

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### Hot Ice Cream

| Metric | Ingredient               | Imperial  |
|--------|--------------------------|-----------|
| 1 L    | french vanilla ice cream | 4 cup     |
| 1      | fresh jalapeno pepper    | 1         |
| 7 ml   | lime peel, grated        | 1 1/2 tsp |

NOTE: Use high quality premium ice cream for the best results.

Let ice cream sit at room temperature 5 minutes to soften. While ice cream is softening, wash pepper. Remove and discard seeds. Chop pepper finely. Stir pepper and lime peel into softened ice cream and either serve immediately or return to freezer until firm. The hot flavour increases after a few days in the freezer.

Serves 8

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## I Am My Own Grandpa

Many, many years ago when I was twenty-three, I got married to a widow who was as pretty as could be.

This widow had a grown-up daughter who had hair of red. My father fell in love with her, and soon the two were wed.

This made my dad my son-in-law and change my very life. My daughter was my mother, for she was my father's wife.

To complicate the matters worse, although it brought me joy, I soon became the father of a bouncing baby boy.

My little baby then became a brother-in-law to dad. And so became by uncle, though it made me very sad.

For if he was my uncle, then that also made him brother To the widow's grown up daughter who, of course, was my step-mother

Father's wife then had a son, who kept them on the run. And he became my grandson, for he was my daughter's son.

My wife is now my mother's mother and it makes me blue, Because, although she is my wife, she's my grandma too.

If my wife is my grandmother, then I am her grandchild And every time I think of it, it simply drives me wild.

For now I have become the strangest case you ever saw, As the husband of my grandmother, I am my own grandpa!

## WORDSEARCH - Christmas

V A C A T I O N S T A B L E S W W  
 T I D I N G S C K T L J E S U S K  
 K W X G O L D C U C R I A L D L N  
 A L L E L U I A N P A M G T L O I  
 N D L S N N J A S B I R T H B S X  
 C O M E T R I O N H T D D B T M M  
 A N E S Y A O K L G E X I A P S A  
 N K I L M I R A C L E R M B I A S  
 D E A D V E N T S A Y L A Y E C F  
 Y Y S Z O R L S O T N Y R L O R D  
 F I R H Y N E V W A T O Y S M E O  
 T I N S E L N V E S S T W A C D L  
 S L E D A R N E O S F T H C A C L  
 M P Z S Y E R R R I P Y H V R O S  
 A M O O E E F Y G N I D U O O I S  
 G G J R N I V Y N G N H O L L Y B  
 I S G J T C H I L D E W O B E Y D

- Advent
- Ham
- Sing
- Alleluia
- Holly
- Sled
- Angel
- Holy
- St. Nick
- Baby
- Inn
- Stable
- Bells
- Ivy
- Star
- Birth
- Jesus
- Tidings
- Candy
- Jolly
- Tinsel
- Card
- Joy
- Toast
- Carol
- Lights
- Toys
- Child
- Lord
- Vacation
- Comet
- Magi
- Vixen
- Crib
- Mary
- Xmas
- Cupid
- Mass
- Yule
- Dasher
- Miracle
- Dolls
- Noel
- Donkey
- Pie
- Donner
- Pine
- Elves
- Port
- Fir
- Ribbon
- Frosty
- Roast
- Gift
- Sacred
- Gold
- Sales
- Green
- Sherry

## CROSSWORD -

### Countin' Christmas Calories By Adrian Powell

- ACROSS
- 1 Chooses
  - 5 "Bummer!" to Shakespeare
  - 9 Kiwanis International, e.g.
  - 13 McMurray, for one
  - 14 Crooked
  - 15 Where nutria comes from
  - 16 Calorie-packing Christmas dinner finale
  - 18 Religious body
  - 19 Shorthand pro
  - 20 Schoofs raison d'être
  - 22 Mr. Rogers calorie-packing Christmas treat
  - 25 Be permissive
  - 28 Majors in acting
  - 29 Space station import
  - 30 Bailiwick
  - 32 Pierce on "M\*A\*S\*H"
  - 35 British actress Dora
  - 39 Christmas treats that are, for once, easy on the calories
  - 42 Part of CAA
  - 43 Truth alternative
  - 44 Wound like a bull
  - 45 "Rover's Return" e.g.
  - 47 Chinese \_\_\_ chi
  - 49 "Can you little faster?"
  - 50 Calorie-packing quintessential Canadian Christmas dessert
  - 55 Leningrad
  - 56 Police sting, e.g.
  - 60 Synthetic butter alternatives
  - 61 Calorie-packing peppermint

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| 66 |    |    |   | 67 |   |   |   | 68 |    |    |    |
| 69 |    |    |   | 70 |   |   |   | 71 |    |    |    |

- DOWN
- 1 Dispatches, mob style
  - 2 Sherry's cousin
  - 3 Like a sharp-shooter's aim
  - 4 "Roxanne" singer
  - 5 2 on a touch tone pad
  - 6 Grassy grazing area
  - 7 Leg iron locale
  - 8 Use the rudder
  - 9 What four wheel drives are good at
  - 10 Groucho's "Tattooed Lady"
  - 11 Invert
  - 12 Austrian town
  - 15 Bullfight
  - 17 Work like a dog
  - 21 Camel riding garb
  - 23 Close
  - 24 Frigid
  - 25 Forbidden City priest
  - 26 Notable stretches of time
  - 27 Purplish bank notes
  - 31 Humane society transactions
  - 33 Paternity evidence, sometimes
  - 34 Really big artery
  - 36 More than just surprised
  - 37 Rex Stout's Wolfe
  - 38 Nowhere near land
  - 40 Most intense
  - 41 Duff
  - 46 Ask for alms
  - 48 Minuscule
  - 50 Beautiful in Bologna
  - 51 Exhaust, in a way
  - 52 Brief synopsis
  - 53 Try to locate
  - 54 Religious splinter groups
  - 55 Wobbles up and down
  - 57 Follow closely
  - 58 Loosen laces
  - 59 Sheep herding Bo
  - 62 It's nothing
  - 63 Widespread pesticide, once

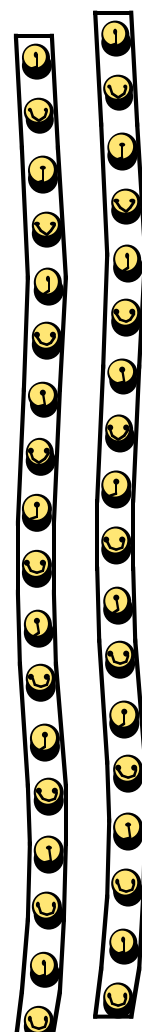
SOLUTION ON NEXT PAGE.

## SUDOKU MEDIUM - By Senior Scope

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Each 3x3 cell has the digits 1-9.  
 Each vertical and horizontal line also has the digits 1-9.  
 Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE.







# Coming to Canada? Leave The Chicken At Home.

By William J. Thomas - Humour Columnist

Upon his return from a visit to his native El Salvador and before going through customs at Pearson Airport last year, Mario Castillo had checked the "No" box to the question about importing meat products into Canada. Whoops! Wrong answer.

So Mario was making his merry way through the customs' processing procedure when a Canada Border Service Agency inspector discovered 15 pieces of fried chicken in his luggage. On the spot and without an explanation he was fined \$800. He was told the penalty would be only \$400 if he paid it within 15 days.

Instead of paying the fine, the man branded a "chicken trafficker" appealed to the Canada Agricultural Review Tribunal which quashed the fine after hearing the explanation. Apparently, unbeknownst to Mario, his mother had put the fried chicken in his luggage while he was having a shower, so that he would have something to eat when he returned home to an empty fridge.

So Mom comes off looking like the head of an El Salvador chicken cartel and her son appears to be the innocent mule in the illegal importation of a kilo of finger lickin' good contraband. He's lucky he was not fined an additional \$800 for committing an indignity to the memory of Colonel Saunders.

At this point the mayor of Toronto tried to intervene on Mario's behalf but upon further investigation it was believed Rob Ford was just after the chicken.

Adding insult to garlic, the fried chicken was confiscated by Canada's ever-vigilant but seldom-vegetarian border service.



But in Canada when a man thinks he's been wrongfully convicted of packing poultry in his luggage he has the legal right to appeal. And he's got a pretty good chance of winning his case because - and this is true in El Salvador as well as Canada - dead chickens don't talk. In fact in Canada, the chicken probably could have launched a lawsuit claiming his international rights had been discriminated against but he'd already been carved into 15 pieces. Hadn't justice already been rendered? In America, with a much simpler and decisive system, Homeland Security would have just blown everybody up and taken credit for an aborted terrorist plot.

Angry that the verdict had been wrongfully overturned, Border Services applied to the Federal Court of Appeal for a judicial review of the tribunal's decision. Nobody described the border agency of being left with egg on its face because that would trigger a

philosophical argument of which comes first? The batter or the eleven secret herbs and spices?

Why you ask did the CBSA take the chicken case to a higher court? To show that they weren't chicken.

This time the three-member appeal found that Canada Agricultural Reviews Tribunal had made an error in law and they quashed their ruling which had quashed the fine sending the matter back to the Agricultural Tribunal for a new and thorough quashing. Recipe for quashed chicken - first fry chicken pieces in covered skillet and leave them in luggage for twenty hours.

"Castillo," the judge ruled, "may have been unaware that the chicken was in his luggage ... but the clear intent of Parliament ... provide an absolute liability regime ... blah, blah, blah." In other words, ignorance of chicken or indeed its presence on or near your person is not a viable defense. Had the chicken attempted to enter Canada

in its own luggage with no help from a doting mother or her son the smuggler, that would then have been legal.

It's obvious that these proceedings - which involved a dozen bureaucrats who graduated from university, hundreds of thousands of dollars, nearly two years of court time, a guy named Mario, a chicken we'll call Eastside and a decree of Parliament - were clearly meant to protect the unsuspecting Canadian public from a disease known as Deep Fried Bird Flu - the El Salvador strain N1B2 Fade Left, Hike! Hike!

The vigilance and due process of the Canadian justice system shows beyond a reasonable doubt that this government is not only serious about chicken but it sends a clear message to roasted ducks and even broasted turkey not to test our border security. Whole or dispersed in thighs, breasts or drumsticks, undocumented poultry illegally entering Canada will be apprehended and then destroyed on the spot.

Motto: "Be you a thirty-pound Butterball or three-ounce pigeon, the Canada Border Service Agency always gets its bird."

The next appeal in this ongoing, international fowl but legal proceeding will take place in camera at an undisclosed food-related location in downtown Toronto. "Eastside Mario's! Eastside Mario's! Ay Budda Boom Budda Ching!"

I have no idea why the chicken crossed the border but I'm sure he's damn sorry he did. ■

**For comments, ideas and copies of *The True Story of Wainfleet*, or to book William as a speaker, go to [www.williamthomas.ca](http://www.williamthomas.ca) or [www.prospeakers.com/speakers/William-Thomas](http://www.prospeakers.com/speakers/William-Thomas)**

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Poor Martha. That was one heck of a hot flash.

### WORDSEARCH - Solution

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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### SUDOKU - Solution

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| 2 | 8 | 1 | 7 | 4 | 5 | 3 | 9 | 6 |
| 6 | 7 | 9 | 1 | 3 | 8 | 5 | 4 | 2 |
| 3 | 4 | 5 | 2 | 6 | 9 | 7 | 8 | 1 |
| 4 | 5 | 6 | 8 | 1 | 7 | 9 | 2 | 3 |
| 7 | 3 | 2 | 6 | 9 | 4 | 8 | 1 | 5 |
| 9 | 1 | 8 | 5 | 2 | 3 | 4 | 6 | 7 |

### CROSSWORD - Solution

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| O | P | T | S | A | L | A | S | C | L | U | B |
| F | O | R | T | B | E | N | T | C | O | Y | P |
| F | R | U | I | T | C | A | K | E | O | R | D |
| S | T | E | N | O | L | E | A | R | N | I | N |
| G | I | N | G | E | R | B | R | E | A | D |   |
| L | E | T | L | E | E | A | I | R |   |   |   |
| A | R | E | A | A | L | D | A | D | I | A | N |
| M | A | N | D | A | R | I | N | O | R | A | N |
| A | S | S | O | C | D | A | R | E | G | O | R |
| P | U | B | T | A | I | G | O | A |   |   |   |
| B | U | T | T | E | R | T | A | R | T | S |   |
| B | E | S | I | E | G | E | R | S | E | T | U |
| O | L | E | O | S | C | A | N | D | Y | C | A |
| B | L | U | N | T | A | C | I | D | T | I | D |
| S | A | P | S | P | E | L | T | S | L | O | P |





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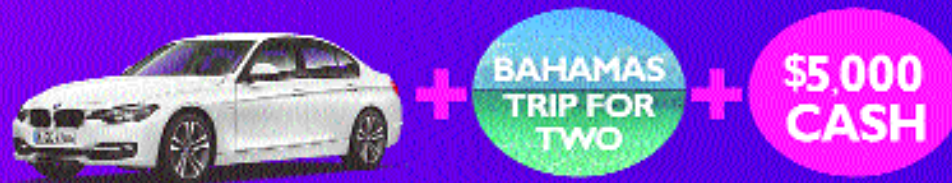
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